Comment pg 11

Relating: Blind, blissful doesn't work

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Vancouver loves its daily Metro fix

Don't believe everything you read about the newspaper industry.

According to the latest Newspaper Audience Databank survey results released yesterday, the vast majority of Canadians continue to read newspapers.

Last year, 69 per cent of Canadians — 12.9 million people — read a newspaper over the course of a week, and when online readers are added in, that number grows to 77 per cent.

"Newspapers continue to play an important role in the lives of Canadians," said Metro English Canada group publisher Bill McDonald. "Readers in the millions rely on newspapers every day for the information that is important to their lives."

As newspapers maintain their strength, Metro Canada is setting the industry standard — not just as the most read free daily in the country, but for all papers.

Metro Canada now reaches more than 1.1 million readers every day, an increase of 157,600 (17 per cent) over 2007. Weekly Metro readers in Vancouver, Calgary, Edmonton, Toronto, Ottawa, Montreal and Halifax total 2.26 million, or 12 per cent more than in 2007.

"The Metro brand has solidified its leadership position from coast to coast," said McDonald. "Readers and advertisers alike turn to Metro first every day for information, ideas and inspiration."

In Vancouver, Metro's weekly readership grew by 16 per cent, having attracted more than 50,000 new readers compared to NADbank 2007.

"Of the many good news nuggets, I'm especially pleased by our growing receptivity with young, urban adults," Metro Vancouver publisher Maryse Lalonde said. "In fact, we were the only newspaper in Vancouver to have increased our readership, by 21 per cent, among adults aged 18-34."

Metro Vancouver also saw gains on the web, with 65 per cent more readers citing they read an issue online in the past week.

"Metro is committed to providing its valued readers our quality content in the format that suits them," Lalonde added. "We've recently launched a variety of mobile options after having fine-tuned our web product."

METRO VANCOUVER

Readership

- Metro Vancouver's daily readership grew by five per cent, compared to NADbank 2007.
- Metro Vancouver's total weekly readership (in-paper plus online) grew by 18 per cent over the same period.

Earth Hour

Before you turn your lights off this Saturday at 8:30 p.m. to mark Earth Hour, Metro has some environmental stories to get you thinking "green."

Homes
- **Eco-friendly living is easier than you think. We give you some helpful tips, pg 15**

Beauty
- **We introduce you to some fashion designers who are making sustainable clothing, pg 16**

Music
- **Musicians are choosing to go green by planning tours that promote conservation, pg 20**

GETTY IMAGES

American ski jumper Lindsey Van, right, joined Canadian ski jumper Katie Willis in Denver yesterday to request a meeting with IOC president Jacques Rogge, left. The athletes wanted to ask that female ski jumpers be allowed to compete in the Vancouver 2010 Games.

Women ski jumpers fail to meet IOC boss

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Two female ski jumpers suing to participate in the Vancouver Olympics flew to Colorado yesterday to try to plead their case with the president of the International Olympic Committee while he's in Denver.

Jacques Rogge ignored the meeting request.

Canadian national team member Katie Willis said yesterday she hoped meeting with Rogge might change the IOC's decision to bar female jumpers from the 2010 Games.

"We decided this would be a good last chance," said Willis, 17, who is among 15 plaintiffs suing VANOC. "All these girls deserve to be in the Olympics and … it's really important for me to be a part of (this fight)."

The jumpers are suing VANOC — not the IOC — alleging the committee is violating their rights to equality by not allowing them to compete in the Games.

In 2006, the IOC voted not to allow women's ski jumping in 2010, saying the sport doesn't have enough international competitions to merit inclusion.

The athletes sent a letter to Rogge asking for a meeting while he was in Denver, but never heard back.

"I'm pretty anxious. I was really looking forward to meeting with him," said Willis. "I think if he actually met us personally … he would be able to understand our point of view a little better."

World champion and American national team member Lindsey Van joined Willis in Denver, and said the sport has changed over the three years.

"The number of women competing has soared, as has the number of countries participating," said Van.

"In fact, we out-number women in sports like bobsleigh, luge, ski-cross and snowboard cross, which are already in the Olympics."

No women

- Ski jumping is the only event in the Winter Olympics that does not allow women to compete.

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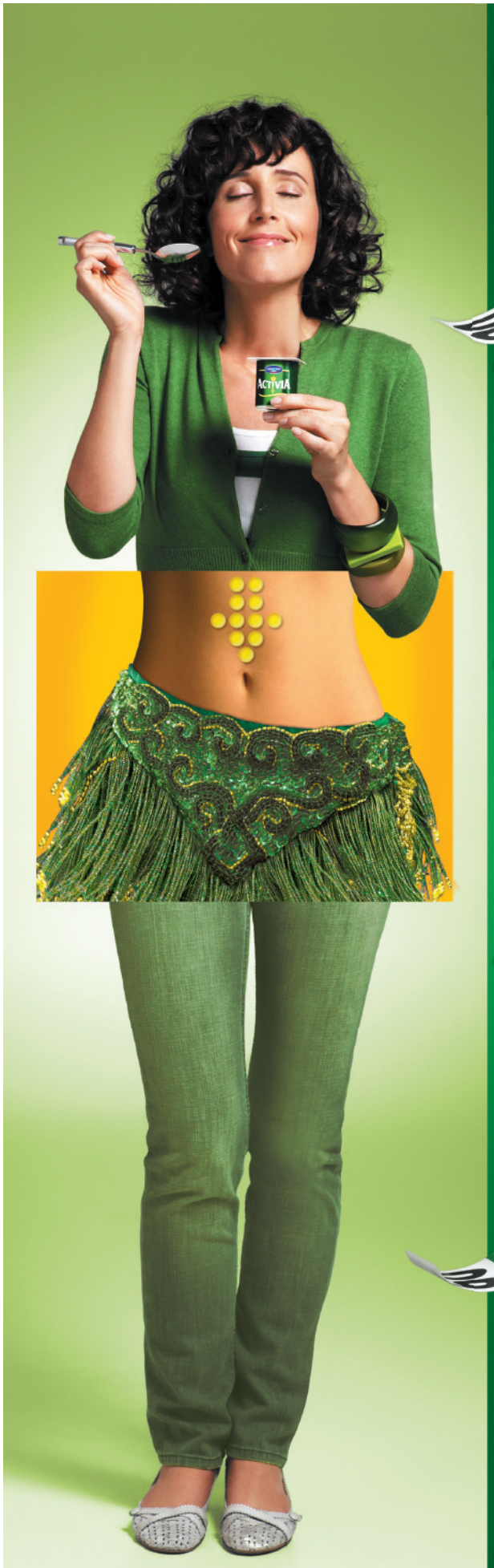

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Aussie to rock Richard's
Tickets to Australian rocker Ben Lee's upcoming Vancouver show go on sale on Friday. Lee, who dated actress Claire Danes for several years, will be performing at Richard's on Richards on May 5. METRO VANCOUVER

Local

White Rock mayor bitten

The mayor of White Rock had to get tetanus and rabies shots after being attacked by a raccoon. Catherine Ferguson was in her backyard when the animal came out of the bushes and bit her on the leg. She ran to her house and when it came at her again she hit it in the head with the door.
CBC NEWS ONLINE

News in brief

SHOOTING A Vancouver man who claims police deleted his cellphone video of an officer shooting a homeless man says a forensics expert has managed to retrieve part of the footage. Adam Smolcic told Metro Vancouver he hasn't been told how much of the video has been recovered.

ASSAULT Police are warning the public after a 17-year-old girl was grabbed from behind and groped by a man in Burnaby. The victim was walking near Maywood Community School Tuesday evening when she was attacked.
METRO NEWS SERVICES

metronews.ca
What's online today.

Blogs Love Bytes queries two women on same-sex relationships at **metronews.ca**

Lotteries

Lotto 6/49	9, 16, 34, 42, 44 & 48 Bonus 13
BC 49	8, 26, 28, 29, 44 & 45 Bonus 21
Extra	12, 25, 28, 87

These results are not official.

MMA decision expected today

Continuing ban may result in underground fights, council warned

JEFF HODSON
jeff.hodson@metronews.ca

City councillors are wrestling today as to whether to allow mixed martial arts (MMA) competitions in Vancouver.

The sport combines wrestling, Brazilian jiu-jitsu, boxing and Muay Thai, and has been temporarily banned in Vancouver since 2007.

Surrey MMA coach Andy Suitela is among those speaking in favour of the sport this morning at a standing committee meeting.

"We're not going to kiss ass or suck up to people," Suitela said. "All we're doing is showing a great deal of respect toward people who are going to say 'yea' or 'nay' to the fastest growing sport in the world."

MMA emerged on the sports scene in North America in the early '90s as a no-holds barred, bare-knuckled bloodsport in which only biting, eye gouging and fish-hooks were forbidden.

Since those early days, however, the sport has moved mainstream. Fighters wear four-ounce gloves and the sport is governed by numerous rules and regulations to protect athletes.

DAVE SVENSSON/WWW.DAVESVENSSON.COM

Local martial artist Jonathan Agnew, blue gloves, takes on Artem Alexander at the MVP '08 Annual Amateur MMA Championship in Surrey last September.

UFC

- Last year, Ultimate Fighting Championship 83, held at Montreal's Bell Centre, was the fastest sellout in he organization's history.

MMA is sanctioned in Calgary, Edmonton, Prince George and Vernon, but is banned in Ontario and P.E.I.

Suitela said opposition to the sport is often based in ignorance.

"Back in the day, people were afraid of Elvis Presley, they would only shoot him from the waist up on TV … it's because of lack of knowledge and fear."

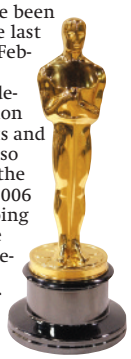
In the report to councillors today, Vancouver police warn that not allowing the increasingly popular sport could result in more underground contests. In 2008, a fighter was shot in the leg outside an MMA fight on the Musqueam Reserve.

Oscars rescheduled to accommodate closing ceremonies

VANCOUVER 2010 Games

CONFLICT The 2010 Oscars have been moved up to avoid competing with the closing ceremonies of the Vancouver Olympics.

The 82nd Annual Academy Awards will be held March 7, two weeks later than usual, according to hollywoodreporter.com. In recent years, the Oscars have been held on the last Sunday of February.



The Academy of Motion Picture Arts and Sciences also moved up the Oscars in 2006 to avoid going against the closing ceremonies of the Winter Olympics in Torino, Italy.
METRO VANCOUVER

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Local impact of CBC cuts unknown
It's not yet clear how many of the job losses will be in Vancouver after the CBC announced yesterday it's laying off 800 employees — about one-tenth of its workforce. The company also needs to sell $125 million worth of assets to make up for a $171-million shortfall . METRO VANCOUVER

Ticket sales put VANOC in the green

GAMES VANOC is in the green this fiscal period thanks in large part to nearly $95 million earned from ticket sales for the 2010 Games, the organization announced yesterday.

"As we expected, we're in a positive cash position this quarter because of revenues arising from the IOC, sponsors and ticket sales," said John McLaughlin, VANOC's CEO. "Licensing and merchandising revenue doubled this quarter and over $94 million worth of tickets were sold."

VANOC received $242 million in revenues in the three months until Jan. 31, including contributions from the IOC worth $87.2 million, $66.1 million in sponsorship revenues and $94.7 in ticketing revenue.

VANOC spent $96.1 million during the same quarter. But McLaughlin said these remain "challenging economic times reinforcing our need to be financially prudent."

KRISTEN THOMPSON/ METRO VANCOUVER

Voters favour Campbell: Poll

JEFF HODSON
jeff.hodson@metronews.ca

New Democrat Leader Carole James is failing to connect with British Columbians on crime and the economy, the biggest issues heading into May's provincial election, pollster Angus Reid said yesterday.

A poll found that while 51 per cent of B.C. residents disapproved of Premier Gordon Campbell, he still enjoyed an 11-point lead over James on the question of who would be a better leader.

"She has to figure out a way to strengthen her bona fides on the economy and crime," Reid said yesterday.

Those are the two issues that the province cares the most about."

Overall, the B.C. Liberals, the poll found, hold a six-point lead over the NDP in decided voters.

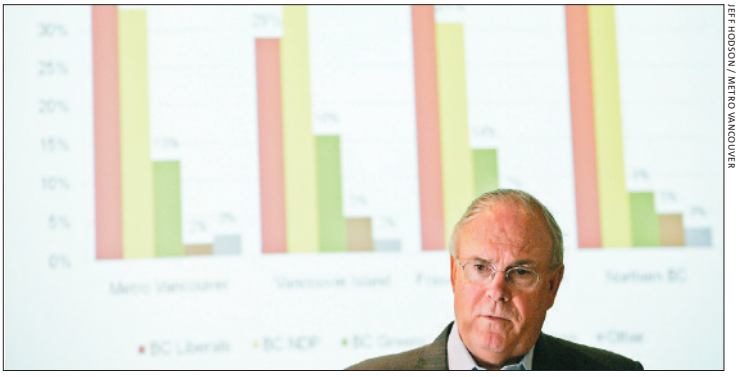
However that lead narrows significantly to about two points, Reid noted, because B.C. Liberal voters are less motivated to turn out on election day.

According to the poll, 43 per cent of people felt Campbell was the best leader on the economy, while 19 per cent felt James would be best.

As well, 31 per cent felt Campbell would be tougher on crime, 10 points ahead of James.

British Columbians felt the New Democrat Leader would be the best leader on health care, the third most important issue according to the poll.

Reid said the poll, which was conducted online, is the first of three that will be conducted ahead of the provincial election.



JEFF HODSON / METRO VANCOUVER

Pollster Angus Reid releases the first of three pre-election polls at his office in Vancouver yesterday.

Tories might be wild card

Veteran pollster Angus Reid said the B.C. Conservative Party could be the wild card that spoils Gordon Campbell's election party.

"Not many people talk about this party but we see them at about four per cent," said Reid yesterday. "It's possible that they could be the kind of Ross Perot-, Ralph Nader-spoiler in the whole thing."

The Conservatives are talking about fielding 20 to 25 candidates, Reid said. It would give Liberals — who won't vote NDP — an alternative electoral outlet.

"The worst of all scenarios for the current government would be the siphoning off of two to three per cent of their vote." JEFF HODSON/ METRO VANCOUVER

News in brief

BREAK-IN Police are crediting a North Vancouver resident with helping officers catch three suspects in a home invasion. The homeowner saw two masked men running through the courtyard of a condo complex and called police. Three people were arrested.

HAZMAT Tenants of a highrise in New Westminster were allowed back into their homes yesterday after the building was evacuated because of a hazmat scare on Tuesday night, news1130.com reports. Several jars of an unknown chemical were found in the building and removed by authorities. METRO NEWS SERVICES

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The Government of Canada has proposed new tax cuts that may benefit you.

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Prof discovers jumping spiders

A UBC zoology professor has discovered dozens of new species of jumping spiders while on an expedition in Papua New Guinea. Wayne Addison collected more than 500 specimens, as many as 50 of which appear to have never been seen before. METRO VANCOUVER

Junos give city a taste of 2010 closures

Canada's Music Awards
JUNO Awards

SAM SMITH
for Metro Vancouver

Road closures at this weekend's Juno Awards will give Vancouverites a taste — albeit on a smaller scale — of what the downtown will be like during the 2010 Olympics.

From Saturday morning to Monday at 3 a.m., roads between Pacific Boulevard and Expo Boulevard are being shut down to vehicles.

Muriel Honey, manager of special events in Vancouver, said the closures are worth it.

"There's a cost to it, but there's a huge benefit," Honey said. "We're always happy to welcome the world to Vancouver."

> **"There's a cost to it, but there's a huge benefit."**
> Muriel Honey, special events manager

Closures will also take place around GM Place and on Granville Street for JunoFest and the awards show.

Brian Fernie, part-time special event co-ordinator for Vancouver, said the closures are the best choice.

"It's probably one of the better spots to have it in the downtown area without disrupting too much traffic," Fernie said, adding there's going to be a lot of entertainment set up throughout the area until the Junos.

The City of Vancouver website is also warning of traffic delays before and after the award show.

The Junos run this Sunday, with the JunoFest starting Friday.

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These offers expire on April 30, 2009 but are subject to change or withdrawal at any time. All rates are compounded semi-annually, not in advance. These offers assume an appraisal fee of $200 at the time of initial advance, a mortgage of $100,000, a 25-year amortization, and that the mortgage is solicitor/notary facilitated. Other conditions may apply.

Albion Ferry to set sail for the last time

TRANSPORTATION The Albion Ferry commuter boats will embark on their final sailings between Fort Langley and Maple Ridge on July 31.

Construction on the Golden Ears Bridge is expected to be completed by the end of June, which will put the ferry out of service and around 58 employees out of work.

Around 4,500 vehicles use the ferry services on its 80 daily trips.

The new toll bridge will expedite the movement of goods and people across the Fraser River.

KRISTEN THOMPSON/
METRO VANCOUVER

Captain of sunken boat will return

FERRY The captain in charge of the Queen of the North when it sank three years ago will return to sail the same route.

WorkSafeBC, the provincial health and safety agency, has ordered B.C. Ferries that the captain must be reinstated, CBC News Online reports.

According to B.C. Ferries, privacy matters stop them from releasing details, but the decision made by WorkSafeBC will be complied with.

Capt. Colin Henthorne was off duty and asleep when the ferry failed to make a critical turn and hit Gil Island, rupturing the hull, according to a B.C. Ferries report on the sinking. Two people are still missing and presumed dead.

METRO VANCOUVER

News in brief

INQUIRY The Mountie who ordered Robert Dziekanski to be Tasered the night of his death said there was no point in speaking to the immigrant. At the Braidwood Inquiry into Dziekanski's death, RCMP Cpl. Benjamin (Monty) Robinson said he gave orders for the 40-year-old Polish man to step away from his luggage, but admits he shouldn't have. Don Rosenbloom, the lawyer representing Poland, pushed the officer to say he knew Dziekanski didn't speak English. Robinson agreed.

APPEARANCE Figure skaters Jamie Sale and David Pelletier will be at the 2009 Canadian Olympic Hall of Fame inductees news conference in Vancouver today at the Sheraton Wall Centre.

METRO VANCOUVER

Bank cuts VANOC's line of credit

One of the 2010 Games' major sponsors and financers has cut back on VANOC's line of credit. Last year, RBC granted VANOC a $95-million line of credit to help stage the Games. The amount has now been capped at $30 million, most of which has already been borrowed. **CBC NEWS ONLINE**

Van Dongen backs scrapping 'dead time'

JEFF HODSON
for Metro Vancouver

B.C.'s solicitor general is thrilled the federal government is planning to eliminate two-for-one "dead time" for criminals in pre-trial custody.

Double or even triple credit was introduced by judges decades ago to compensate alleged offenders for the lack of rehabilitation programs that were available to them in pre-trial custody.

"(Dead time) has created delays and inefficiencies in our justice system," said John van Dongen, who visited Ottawa in February to lobby for the elimination of double-time credit. While there, he heard from police chiefs who told him that some criminals were requesting to be held in isolation so that they could qualify for triple credit.

"(Dead time) was hurting the proper functioning of our justice system by creating incentives for delays."
Solicitor general John van Dongen

"The system is being manipulated," van Dongen said. "It was hurting the proper functioning of our justice system by creating incentives for delays."

Van Dongen said the conditions in pre-trial facilities are much improved and alleged offenders have access to a wide range of rehabilitation programs.

MORE COVERAGE, PG 8

Snowmobiler dies after avalanche

FATALITY A snowmobiler caught in an avalanche near Kimberly in southeast B.C. has died, according to the RCMP.

A group of five snowmobilers were out when the avalanche hit. Four managed to escape, but one was struck and buried.

One of the snowmobilers was able to use a cellphone to call for help.

Rescuers located the missing man and dug out his lifeless body from the snow. **METRO VANCOUVER**

St. Paul's Hospital benefiting from $5.6M grant

HEALTH Referral wait times are down, surgeries are up and recovery times are shorter than ever for patients in need of extremity surgeries at St. Paul's Hospital thanks to a $5.6-million grant from the province.

Extremity surgeries are performed on patients' feet, ankles, hands and wrists.

The Distal Extremities Surgical Project was one of the first initiatives to receive support under the province's Lower Mainland Innovation and Integration Fund.

George Abbott, minister of health, said the improvements at St. Paul's are also lessening demand on other Vancouver Coastal Health hospitals, like Vancouver General Hospital, which can focus on other cases.

KRISTEN THOMPSON/ METRO VANCOUVER

Quarter of RCMP recruits from B.C.

MOUNTIES Roughly a quarter of all RCMP recruits in Canada come from B.C., according to Pacific Deputy Commissioner Gary Bass. Out of the estimated 2,000 recruits for the RCMP, 500 are said to come from the province.

SAM SMITH/ METRO VANCOUVER

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Ice jams lead to Manitoba flooding

About 30 homes in St. Andrews, Man., about 20 kilometres northeast of Winnipeg, have been evacuated and firefighters are warning other residents to be ready to go. Ice jams on the Red River are causing water to back up over the banks, while frozen culverts are preventing the water from draining through the ditches. **CBC NEWS ONLINE**

Canada

Guilty verdict in Livent trial

Garth Drabinsky, left, and Myron Gottlieb have been found guilty of fraud and forgery at Livent Inc., the award-winning live theatre company they co-founded. Ontario Superior Court Justice Mary Lou Benotto delivered her judgment yesterday, 11 months after the trial began. The sentencing process will begin April 8.

TORSTAR NEWS SERVICE

Plan to axe '2-for-1' credit draws fire

Critics call Conservative plan to end sentencing practice 'political pandering'

The Conservative government says it will legislate an end to the practice that allows judges to calculate a "two-for-one" sentencing credit for time that prisoners spend in pre-trial custody.

Weeks after British Columbia justice officials made an impassioned appeal to Ottawa for the measure, Justice Minister Rob Nicholson said he would introduce legislation tomorrow to further curb judges' sentencing discretion.

Right now, judges can give credit for so-called "dead time" that offenders spend in detention centres prior to trial and sentencing. It's seen as a way to account for time served in cramped cells where there is no access to drug or alcohol treatment or other therapeutic programs provided in long-term penitentiaries or provincial jails, while a case winds its way through the courts.

> **"Its impact will be to unduly punish the poor who can't afford a release on bail prior to trial."** Heather Pringle, lawyer

Credit for time served can in some cases lead to criminals walking free upon sentencing: a convict who spends two years in custody pre-trial, for example, and is sentenced to four years in prison, could avoid returning to jail if given double credit for time already served.

Those calling for change say some defendants purposely build up their "dead time" so they receive shorter penitentiary sentences.

It is already the law in Ontario that if a prisoner delays a guilty plea to accumulate "dead time," he will not be given such credit.

But an array of critics accused the government of political pandering.

Defence lawyer Heather Pringle said before introducing the law, the justice minister should spend time in pre-trial custody.

"A few days spent locked down for 18 hours at a time and no access to rehabilitative programs, coupled with nights spent sharing his cramped cell with two other guys, a shared toilet and some vermin, might give him a more informed understanding of this issue," she said. "This legislation is simply political pandering, and its impact will be to unduly punish the poor who can't afford a release on bail."

Nicholson defended the move, saying the Conservatives want "more truth in sentencing."

It's unclear whether the government will remove judicial discretion altogether, or simply try to limit it. Nicholson refused to provide details until the bill is tabled. TORSTAR NEWS SERVICE

French bid for Atlantic shelf rights slammed

SEA FLOOR Canada criticized France yesterday for trying to claim exploration rights off the eastern Canadian coast, home to rich reserves of natural resources.

Foreign Minister Lawrence Cannon said Ottawa "will take all necessary measures to defend and protect its rights with respect to its continental shelf."

The dispute concerns the two tiny French islands of Saint-Pierre and Miquelon, which sit just off the coast of Newfoundland.

> **"Canada does not recognize France's claim."** Lawrence Cannon

Cannon said France had revived a claim for rights to an extended continental shelf from the two islands despite a bilateral agreement in June 1992, which he said had settled the matter once and for all.

"Canada does not recognize France's claim to any area of the continental shelf in the northwest Atlantic Ocean beyond the area set out in the arbitration decision," he said in a statement. "Canada has made France aware of its position on several occasions."

Just over 6,000 people live on the tiny islands, the only remnants of colonial New France. REUTERS

Economy to deteriorate at an 'historic' rate: Budget officer

REPORT Canada's independent parliamentary budget officer forecast yesterday the economy would deteriorate at an historic rate, and much faster than the government had expected when it produced its budget in late January.

The budget officer, Kevin Page, said gross domestic product figures and unemployment levels would prove to be much worse than the minority Conservative government predicted on Jan. 26, providing fodder for opposition parties to demand more stimulus spending and aid for the unemployed.

Page told the House of Commons finance committee that, based on private-sector forecasts and his own assessments, he expected GDP to contract by about 8.5 per cent in the first quarter of 2009 and by 3.5 per cent in the second quarter.

In the budget, the government cited private-sector forecasters as saying GDP would shrink by 0.8 per cent in 2009 as a whole.

"We provided a different, more detailed, outlook for the first half of this year because we think that what we're seeing now is actually historic, in terms of quarter-to-quarter declines," Page told the committee.

> **"What we learned today is that we're in more trouble than the government believed at the time of the budget."** John McCallum, Liberal finance critic

Liberal finance critic John McCallum said the forecast, if true, would mean that Canada would post its worst economic performance since the Second World War.

"What we learned today is that we're in more trouble than the government believed at the time of the budget," McCallum told reporters after the testimony.

The Liberals are asking the government to improve the employment insurance system to allow laid-off workers to access benefits more quickly. REUTERS

2010 Show of support

TRACEY TONG/METRO CANADA

Papineau MP Justin Trudeau, wife Sophie Gregoire-Trudeau and their son, Xavier, stopped in at an event in Ottawa yesterday that was introducing the area's first torchbearer for the 2010 Olympics in Vancouver.

No decision yet on Snowbirds' planes, MacKay says

MILITARY New planes for the iconic Snowbirds air demonstration team are less important than tanks, helicopters and bomb-proof road clearing equipment in Afghanistan, Defence Minister Peter MacKay says.

"We have a lot of equipment priorities," MacKay said yesterday. "We base these decisions very much on operational needs and so those are the priorities right now of the Canadian Forces. The Snowbirds are a wonderful ceremonial team of pilots and acrobatic aircraft, but we haven't taken a decision yet on their replacement."

The Toronto Star reported yesterday that senior military officials want to extend the life of the Snowbirds' aging Tutor CT-114 jets by a decade to 2020 — despite admitted "technical risks" — to delay a multimillion-dollar payment for their replacement. TORSTAR NEWS SERVICE

CRTC may allow TV fee-for-carriage

MEDIA Canada's broadcast regulator said yesterday it may eventually accede to a request by struggling conventional television broadcasters that they be paid for the carriage of their signals by cable companies.

"Is the issue of fee-for-carriage dead? No, of course not," said Konrad von Finckenstein, chairman of the Canadian Radio-television and Telecommunications Commission (CRTC).

"As part of the overall package there may very well be, or may not be, a fee for carriage. I can't prejudge right now," he said. REUTERS

News in brief

HOUSING Canadian home prices fell 2.4 per cent in January from a year earlier, reinforcing views that the property market was cooling, according to the a report issued yesterday. The Teranet-National Bank National Composite House Price Index, which measures the rate of change of prices for single-family homes in six metropolitan areas, showed prices were down 5.5 per cent nationally from the peak hit in August last year. REUTERS

Manitoba sees $48M surplus
Manitoba is projecting a $48 million budget surplus in 2009-10, bucking a trend that has seen the recession pushing other provinces into deficit. REUTERS

Bill would fight tech-savvy gangs

SHAWN LOGAN
for Metro Canada

Tech-savvy crooks are using the latest communications devices to stay one step ahead of cops, prompting calls for tougher laws.

Secure smart phones and encrypted BlackBerrys have allowed gangs and organized crime to engage in illicit business without worrying about messages being intercepted by police because legislation has not kept up with technology.

But Staff Sgt. Dick Nyenhuis, who heads up the electronic surveillance unit for the Calgary police, said a long-stalled law could soon even the playing field.

"What we need is ... legislation that says before you roll out any new device, they have to put intercept solutions in place."
Dick Nyenhuis, Calgary police

"What we need is for them to bring in legislation that says before you roll out any new device, they have to put intercept solutions in place," he said.

"At least give us a fighting chance to stay ahead of these guys."

The Modernization of Investigative Techniques Act, Bill C-285, was re-introduced in the House of Commons last month and it would require companies that design mobile phones to allow police to work around security features.

Privacy advocates, meanwhile, have argued the law would give authorities too much power to monitor personal communication.

However, Nyenhuis said the legislation would return the advantage to police back and allow wire taps on some of the worst offenders, a method that is only used when all other investigative avenues have come up short.

Any wire tap would require a judge's approval.

Ottawa **Daffodil Month**

CHRIS WATTIE/REUTERS

Prime Minister Stephen Harper receives a bouquet of daffodils from seven-year-old cancer patient Dana El Sherif to mark the beginning of the Canadian Cancer Society's annual Daffodil Month, in his office on Parliament Hill in Ottawa yesterday.

Pick-axe killer gets life

SHAWN LOGAN
for Metro Canada

The murder of a Calgary teen has landed his killer a life sentence with no chance of parole for 10 years.

Judge Earl Wilson handed down the minimum sentence for Marko Miljevic yesterday at Calgary Court of Queen's Bench, saying plunging a pick axe into 17-year-old Matt McKay's head at a house party two years ago was a senseless act that showed the killer had no understanding of the consequences of his actions.

Miljevic showed little emotion as Wilson delivered his sentence on the second-degree murder conviction, saying the killer has shown a tendency for violence and defiance. But the judge felt Miljevic may be able to turn his life around in prison.

Ban on British MP challenged

SPEECH British MP George Galloway had some support in Ottawa yesterday as the groups hosting his intended trip to Canada challenged the legal decision to keep Galloway from entering the country.

Galloway was to give four speeches in Canada, but was barred for allegedly assisting Hamas, which Canada has designated a terrorist group.

ANDREW SZTEIN/
FOR METRO CANADA

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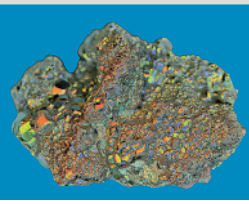
Warning system engaged: Investigators

Safety investigators say the flight data recorder from last month's plane crash outside of Buffalo, N.Y., shows the stall warning system on the plane activated before the crash. No mechanical problems with the plane were found. METRO NEWS SERVICES

World



Breakthrough for stargazers

Scientists for the first time have recovered meteorite pieces from an asteroid first observed in space — a stroke of luck that could prove valuable when tracking space rocks heading on a collision course toward Earth. The asteroid, called 2008 TC3, was first observed on Oct. 6 by astronomers in Arizona and was tracked as it entered the atmosphere and became a shooting star, the first time astronomers have managed that feat. REUTERS

U.S. partly responsible: Clinton

Appetite for illegal drugs fuels Mexican violence, secretary of state says

U.S. Secretary of State Hillary Clinton said yesterday that an "insatiable" appetite in the United States for illegal drugs was to blame for much of the violence plaguing Mexico.

"We are. How could anybody conclude any differently?" Clinton told reporters in response to a question during a flight to Mexico for a two-day visit likely to be dominated by a drug war that killed 6,300 people in Mexico last year.

Clinton's visit comes as Washington has announced plans to ramp up security on the increasingly dangerous U.S.-Mexico border. Fears are growing that the spiraling violence in Mexico will spill over into the southern United States.

"Our insatiable demand for illegal drugs fuels the drug trade. Our inability to prevent weapons from being illegally smuggled across the border to arm these criminals causes the death of police officers, soldiers and civilians," Clinton said. "I feel very strongly we have a co-responsibility."

Clinton

Clinton will meet with Mexican President Felipe Calderon and discuss a broad range of U.S.-Mexican issues, including immigration and trade. Her visit also includes a stop in the northern business city of Monterrey Thursday,

Clinton said the Obama administration was making progress on resolving a trucking dispute with Mexico and expected the U.S. Congress to be receptive to its ideas.

She also sought to address a belief among many Mexicans that the United States does not take sufficient responsibility for the $40 billion US in illegal narcotics smuggled in from Mexico each year. Some feel the plans by Washington to better patrol its border are long overdue.

U.S. officials Tuesday announced a $184 million program to add 360 security agents to border posts and step up searches for drugs, guns and money being smuggled by powerful cartels. Under former president George W. Bush, the United States committed to a three-year $1.4 billion aid package to buy drug-fighting equipment for Mexico and Central America. REUTERS

Manila **Against the treaty**

ROMEO RANOCO/REUTERS

A woman activist grabs the wooden stick of a riot policeman during a scuffle outside the U.S. embassy in Manila yesterday. The protesters denounced a treaty between the Philippines and the U.S. that allows troops to conduct military exercises in the country.

Economic crisis raises French social tension

LABOUR Workers at a factory operated by the US firm 3M looked set to hold their French manager hostage for a second night in protest against plans to lay off half the staff.

The industrial director of the group, Luc Rousselet, was barricaded in an office on Tuesday evening and workers have refused to let him out until he agrees to more favourable terms for the 110 employees who face the axe.

"These people have more to complain about than me and I knew there was this risk when I came here," Rousselet told reporters from his office, where the door has been blocked by a wardrobe.

Unions said no agreement had been reached.

"The director says it is impossible for him to negotiate," said Jean-Francois Caparros of the Force Ouvriere union.

Social tensions are rising in France because of the economic crisis. More than two million people are already unemployed and hundreds of thousands more are expected to lose their jobs this year as the recession deepens. Unemployment jumped by 79,900 in February, a 19 per cent rise on the year, new figures showed yesterday. REUTERS

Lock up the boss

- Locking up managers is becoming a tradition in French labour disputes, with police unwilling to intervene to avoid violence.

Suspects freed after ruling

NORTHEN IRELAND Five people, held over the killings of three members of the security forces in Northern Ireland, were freed yesterday by a court ruling that marked a challenge to Britain's tough anti-terrorism laws.

High Court Lord Chief Justice Brian Kerr quashed an order by a lower court that gave police more time to question six people over the fatal shooting of two British soldiers on March 7 and the killing of a police officer two days later.

Five of the six were released from a police station in Antrim shortly after the ruling.

A sixth person remained in custody and his lawyer said he had been re-arrested under anti-terrorism legislation.

Britain's anti-terrorism laws allow police to hold suspects for up to 28 days and Kerr's ruling, on a technicality, appeared a setback for Prime Minister Gordon Brown.

"It is a seminal judgment and has far-reaching implications for the conduct of serious police investigations throughout the U.K.," said Kevin Winters, lawyer for the released suspects. REUTERS

News in brief

GOVERNMENT Islamic Saudi Arabia, the world's biggest oil exporter, has no need for women members of parliament or elections, a senior prince said in remarks published yesterday. There are no political parties in Saudi Arabia but reform activists hope the advisory Shura Council — an all-male body appointed by the king — will be transformed into an elected legislature one day.

MISSILES North Korea has positioned what is believed to be a Taepodong-2 long-range ballistic missile on its launch pad at a facility in Musudanri, Japan's Kyodo news agency reported yesterday, citing "sources close to Japan-U.S. relations." North Korea has said it would launch a satellite between April 4 and April 8. Regional powers see the launch as a disguised test of its longest-range missile. REUTERS

Balls give way to Wangs: Study

NAMES The number of people in Britain with surnames like Cockshott, Balls, Death and Shufflebottom — likely the source of schoolroom laughter — has declined by up to 75 per cent in the last century.

A study found the number of people with the name Cock shrank to 785 last year from 3,211 in 1881, those called Balls fell to 1,299 from 2,904 and the number of Deaths were reduced to 605 from 1,133.

People named Smellie decreased by 70 per cent, Daffts by 51 per cent, Gotobeds by 42 per cent, Shufflebottoms by 40 per cent, and Cockshotts by 34 percent, said professor Richard Webber, at King's College, London.

Wangs experienced a huge rise, growing by 2,225 per cent. REUTERS

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Comment

Wading in ignorance

There is nothing but doomed love on an island of doubt

Relating

Andrea Woo

metronews.ca/woo

"Somebody said they saw you/The person you were kissing wasn't me/And I would never ask you/I just kept it to myself/I don't wanna know/If you're playing me, keep it on the low…" — Mario Winans, I Don't Wanna Know

There are those who would call Winans a pathetic chump, a clod so frightened by what lies in the murky depths of his sordid relationship that he opts to stay in the shallow end, wading blissfully in the serene waters of his own ignorance.

Who, after all, wants to play the sucker while his or her partner dives headfirst into some illicit affair?

But to understand his point is not difficult. There is comfort, undoubtedly, in blinding oneself to the acerbic truths of a rocky relationship, choosing instead to take refuge in some alternate reality where passion is limitless and temptations are wholly eclipsed by an unwavering love usually only articulated by the greatest of poets or the very, very drunk.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

In this world, word is bond and life is easy. There are no sleepless nights or wandering minds, no red flags or question marks. Worries dissipate with the long exhale of a sigh of relief.

But those who have come here before — to this land where people turn a blind eye to lying, deception and infidelity — know it is not a place where anyone stays for very long.

It is a temporary hideout at best; at worst, an open field where salvageable relationships go to die.

With the exception of the truly neurotic and the painfully insecure, an unshakable sense of suspicion is seldom completely without merit. Something in the minds or the hearts of the wise makes them aware of this, and to ignore it is never a good idea.

Of those who pack up and flee, some will be called crazy — and indeed, they may be — but others will have done so knowing there is nothing but doomed love on an island of doubt.

Sorry, Winans.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

MICHAEL DE ADDER

Letters

Banning British MP is an affront to freedom of speech

How dare does Immigration Minister Jason Kenney presume to decide who can speak publicly in this country, and what I, as a free Canadian citizen, can listen to, read and watch?

In Canada we consider freedom of speech a fundamental right in our democracy. Banning British MP George Galloway from speaking at scheduled public meetings in Canada during his North American speaking tour is an affront to Canadian democracy and the intrinsic right of freedom of speech.

Canadians have the right to hear Galloway whether they agree with his positions on the Middle East or not. As a minister and MP, Kenney has claimed to be a proponent of freedom of speech. Apparently, he is afraid of what Galloway has to say.

I call on the minister to allow Galloway to come to Canada and speak.

WALIED KHOGALI, TORONTO

Views

Kids shouldn't be involved in tug of war

ModernLife

Georgie Binks

Once upon a time there was a very brave man with an equally brave ex-wife. Every morning for three years the man ate breakfast at his former home. He and his ex-wife didn't much like each other but they loved their kids.

If you're divorced and share kids, you know these two deserve medals for extreme bravery — if for nothing more than keeping the corn flakes down.

I know previously married women and men who so hate each other they've missed everything from graduations to christenings. Others humiliate non-paying ex-spouses to their children, while some battle issues like summer camp in court, something that makes Toronto judge Harvey Brownstone wild. "I never took a course in law school that told me what camp their kids should go to."

"You have to see someone you hate, who may not have been a good partner, as possibly a good parent."
Judge Harvey Brownstone

Brownstone's newly published book Tug of War is a great wakeup call for warring parents — they should be handing it out in the maternity wards. Brownstone says parents should attend counselling, mediation — whatever it takes to get over their issues. "You have to see someone you hate, who may not have been a good partner, as possibly a good parent."

In fact, with so many divorces, your relationship with your ex, if you have kids, is likely the most important one you'll ever have, but the one for which you'll be the least prepared. And it isn't any easier with an adversarial legal process often fuelled by combative lawyers.

Calgary registered mediator Elaine Bucknum says parents need to view their new relationship as a business one — the business of raising healthy, well-functioning children. "You have a business you can't quit, so figure out a way to communicate and deal with issues."

You don't have to be phoney — just polite and respectful, says Bucknum. "Kids just want you to be friendly enough so they can love you both."

Still, many parents believe their ex is the one exception that makes it OK to ruin kids' birthday parties, criticize an ex in front of the kids and even fight over life-shattering events like camp in court.

Here's a trick. Ask your kid their favourite thing about your ex and keep that thought in your head. It just may help you get through the most awful relationship you'll ever have.

Or think corn flakes — it truly has been the breakfast of two champion parents.

Georgie Binks is a Toronto freelance writer who has written about gender and relationships for CBC.ca, Elle, Chatelaine and Homemakers; georgiebinks@rogers.com.

Worth mentioning

Decrease in rainfall blamed on global warming: Scientist

Global warming is more than one-third to blame for a major drop in rainfall that includes a decade-long drought in Australia and a lengthy dry spell in the United States, a scientist said yesterday.

Peter Baines of Melbourne University in Australia analyzed global rainfall observations, sea surface temperature data as well as a reconstruction of how the atmosphere has behaved over the past 50 years to reveal rainfall winners and losers.

What he found was an underlying trend where rainfall over the past 15 years or so has been steadily decreasing, with global warming 37 per cent responsible for the drop.

"The 37 per cent is probably going to increase if global warming continues," Baines said.

REUTERS

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Canadians among most optimistic about economy: Report
Amid gloom about the global recession, Canadians are among the most optimistic worldwide when it comes to their financial futures, says a new report. **CBC NEWS ONLINE**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CBC to cut 800 jobs

Network sees $171M shortfall in 2009-2010

The CBC will cut up to 800 jobs and seek to sell assets to fight a growing financial shortfall caused by a sharp advertising downturn, the public broadcaster said yesterday.

The CBC, which has about 9,850 employees and receives more than $1 billion a year in funding from the federal government, said it expects the shortfall to hit $171 million in its 2009-2010 fiscal year.

It said its projections assume the government will authorize $125 million in asset sales. It blamed its woes on weak ad markets, higher costs, a base-salary funding shortfall and aging infrastructure.

"It's simply impossible to bridge a (financial) gap of this magnitude without having a major impact on people."
Hubert Lacroix, CBC

"People are the foundation of our success," chief executive Hubert Lacroix said in a statement. "But in a company where 60 per cent of the overall budget goes to salaries, it's simply impossible to bridge a gap of this magnitude without having a major impact on people."

The CBC also said it will reduce regional radio and TV programming and make cuts in news, drama, music and current affairs. It will also cut executive compensation by up to 20 per cent, cut discretionary spending and reduce hiring. **REUTERS**

U.S. CFOs find Obama's plan unimpressive

FINDINGS U.S. finance chiefs are mostly unimpressed by the Obama administration's efforts to stimulate the economy, but optimism about their own companies increased slightly for the first time in three years, a survey reported yesterday.

A majority of CFOs, 58 per cent, said their confidence in the economy has weakened since Obama's inauguration, according to the quarterly survey conducted by Financial Executives International and Baruch College's Zicklin School of Business.

The survey, which interviewed 334 corporate CFOs, found optimism about the U.S. economy at an all-time low, with eight of 10 executives expecting no signs of a recovery until at least the first half of 2010. Among these, a third predict a recovery is even further away, possibly starting only in 2011.

Still, optimism about their own companies improved slightly to 58.9 per cent from 58.1. **REUTERS**

Brazil **Stimulating housing**

ROBERTO JAYME/REUTERS

Brazil's Chief of Staff Dilma Rousseff talks during a ceremony to launch a housing plan at the Itamaraty Palace in Brasilia yesterday. The set of measures in the area of housing aims to stimulate the construction of a million homes across the country.

Business in brief

U.S. New orders for long-lasting U.S.-made goods rose in February for the first time in seven months and new home sales rebounded, government reports showed yesterday, suggesting the economic downturn might be easing a bit in the United States. **REUTERS**

HOUSING In some U.S. markets, record-low mortgage rates and fallen prices have made buying cheaper than renting.

HOSPITALITY Hotel investment across Canada fell 77 per cent to $1.1 billion in 2008 with Ontario leading the downturn, according to a report yesterday by Colliers International Hotels. **TORSTAR NEWS SERVICE**

Armstrong has surgery
Cyclist Lance Armstrong is recovering from surgery yesterday on his broken collarbone. A steel plate and 12 screws were inserted to stabilize the collarbone, but Armstrong said he still hopes to ride in the Giro d'Italia in May and the Tour de France in July. METRO NEWS SERVICES

Sports

"There is a grave danger ... and that is match-fixing ... buying players and referees is what worries me."

UEFA president Michel Platini, left, at the UEFA congress in Denmark yesterday. Platini said match-fixing is international soccer's biggest problem. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Twins seem poised to make some noise

ToulBox
Scott Rintoul
metronews.ca/toulbox

If Tuesday's performance by the Sedins is any indication of what lies ahead in the postseason, the Canucks may have a lengthy playoff run followed by a pair of expensive signings.

Daniel scored a power-play goal by going back to the front of the net after crude surgery had cost him a tooth and plenty of blood less than two minutes earlier.

If he were Canadian, he'd be featured prominently on this week's Coach's Corner.

Henrik scored a pair and added a helper in a game that, according to those who played, was fraught with playoff intensity.

The knock on the twins has been an inability to replicate their regular season point production in the postseason; the pair has registered a mere 38 points in a combined 86 games.

Though Tuesday's effort doesn't change those statistics, it suggests the Sedins are capable of generating the goals necessary for playoff success.

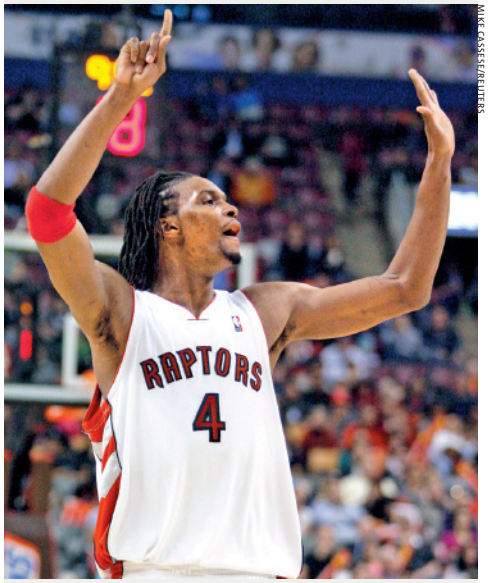
Now that Vancouver has assembled a legitimate second scoring line, the table is set for the twins to produce. Should they realize that potential, they will not only earn the respect they deserve in this market, they'll also earn a larger increase on the bargain salaries they currently earn.

• While many have focused on a few soft goals and his puck-handling (in)ability, Roberto Luongo's numbers are impossible to argue with.

His 35-save performance in Dallas upped his record to 13-3-1 with a 2.02 goals-against average in seventeen straight starts. Ask the Red Wings, Sharks and Flames if they could use that type of goaltending right now.

Scott Rintoul can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m. scott.rintoul@team1040.ca.

NBA Bosh, Raptors win



MIKE CASSESE/REUTERS

Chris Bosh calls a play against the Bucks in Toronto last night. Bosh scored 18 points and pulled down 14 rebounds as the Raptors won their second straight, 115-106.

GETTY/AFP/JEFF

Maxime Talbot, right, scuffles with Jarome Iginla last night in Pittburgh. The Pens won 2-0.

Penguins ice Flames

NHL RESULT
Penguins 2 Flames 0

Kris Letang and Hal Gill each scored a goal and Marc-Andre Fleury stopped all 31 shots faced for his fourth shutout of the season, as the Pittsburgh Penguins held off the Calgary Flames 2-0 at Mellon Arena.

Sidney Crosby notched an assist and extended his point streak to 10 games, while NHL points leader Evgeni Malkin also had a helper for the Penguins, who recovered after having a three-game winning streak snapped against Philadelphia on Sunday.

Pittsburgh now has 88 points and sits in sixth place in the Eastern Conference. Mikka Kiprusoff turned in a solid performance between the pipes for Calgary, stopping 26-of-28 shots.

The Flames, who were coming off a 5-3 win over Detroit on Monday, have split their last six games.

Calgary, with 90 points, leads the Northwest Division, three ahead of Vancouver and is in third place in the Western Conference behind Detroit and San Jose.

METRO NEWS SERVICES

MMA latest stop for Glenn Kulka

STEPHEN JOHNSON
for Metro Canada

Glenn Kulka has succeeded in junior hockey, professional football and pro wrestling. Now at the age of forty-five, he is attempting to add mixed martial arts fighting to his résumé.

Many sports fans will recognize Kulka's name from his days as a defensive lineman in the Canadian Football League. He played for a number of CFL teams including the Toronto Argonauts and Saskatchewan Roughriders from 1986 to 1995. After retiring from football, he enjoyed a brief stint in the WWE as a professional wrestler. His wrestling career ended in 2000.

Kulka's turn to MMA fighter began innocently enough. "I knew a few of the guys involved in the sport and interviewed them for The Score television network. I wanted to get back into shape and started working out with some of the MMA guys.

"Also, I guess I just like to punch people."

While training in mixed martial arts was new to Kulka, he had been a fan of the sport for a long time.

"When I was in pro football, we used to watch martial arts tapes to practise how to get by offensive lineman. I started watching the Ultimate Fighting Championship when they held their pay-per-views fifteen years ago."

Kulka's mixed martial arts training would eventually lead to his first professional fight last July.

He handily defeated his opponent by TKO after just one minute and thirteen seconds.

As a person in his mid-forties, he is realistic about his long-term future in the sport.

"I know it sounds like a cliché, but I really am taking it one fight at a time. At my age, it would be crazy to have a ten-fight plan.

"I find the body does not recover as well and some of my old injuries from football and pro wrestling tend to flare up."

He feels fighting as a heavyweight has helped him in the sport.

"If I was fighting as a middleweight, guys like Georges St. Pierre would beat me handily. I find many of the guys in the heavyweight division are mainly good at taking a punch."

Kulka faces Bob Landry this Saturday in Gatineau, Que.

Tonight

VS

5:30 p.m.
Sportsnet/TEAM 1040

After losing the first meeting of the season, Vancouver has a chance to make it three straight wins against St. Louis squad that still counts itself in the race for the final playoff spot in the West. A Canucks' victory would pull them to within one point of the division-leading Flames, while a win for the Blues puts them one point back of that elusive postseason berth.

SHOW ME STATS: Alex Burrows' offensive outburst began in St Louis last month when he was first paired with the Sedins. Burrows scored the tying goal in that contest and has racked up eighteen points in the ensuing nineteen games.

METRO NEWS SERVICES

Glatt to be back with Lions

CFL The B.C. Lions re-signed CFL all-star linebacker Javier Glatt to a contract extension yesterday. In 2008, Glatt led the Leos with 88 tackles, which ranked him fourth in the CFL. "I am pleased to get this deal done," said Glatt. "I know from a personal standpoint I have a very large chip on my shoulder, as do my teammates. This is going to be an exciting season for our club and our fans."

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Carolina 2 Ottawa 1
Pittsburgh 2 Calgary 0
Anaheim 7 Colorado 2
Chicago 6 San Jose 5 (SO)
Buffalo 5 Florida 3
Minnesota 6 N.Y. Islanders 2

NBA

YESTERDAY'S RESULTS

Toronto 115 Milwaukee 106
Cleveland 98 New Jersey 87
Indiana 90 Miami 88
Philadelphia 96 Minnesota 88
San Antonio 102 Atlanta 92
Washington 95 Charlotte 93
L.A. Clippers 140 New York 135 (OT)
Orlando 84 Boston 82
Denver 101 New Orleans 88
Dallas 128 Golden State 106
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More options
Stanley Home Designs offers its new accent line in Satin Nickel as well. Both items are available where Stanley products are sold. METRO NEWS SERVICES

Metro Homes

Accents

No matter what your budget, get a fresh new look by simply replacing worn, dingy kitchen cabinet knobs and pulls with Egyptian Bronze selections from the Stanley Home Designs decorative hardware line. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Best to call in the professionals

UrbanDweller

Carlyn Yandle

metronews.ca/urbandweller

"It's tempting to go it alone when it comes to fixing what needs fixing but it pays to call the pros. And these days, they could use the good work they're trained to do."

The other day I discovered our bathroom floor had become a lake. The Man of the House and I looked at each other accusingly.

In our panic we used the good towels to sop up the flood and hoped that the whole situation would self-correct. I finally had the bright idea to shut off the tap behind the toilet, but even this was a challenge. (Is it 'righty tighty' or do I close left, like the sink taps?)

Some jobs are best left to the pros.

The plumber showed up to announce that the leaking intake pipe needed replacing. I looked at him blankly.

"I'll just replace that now and get out of here," he said wearily.

While he took up his position coiled around the commode to replace the curvy pipe with a sort-of woven pipe-like thing, I peppered him with plumbing questions. I want to renovate, see. Can I move my sink? Can I put a washer-dryer in here? Can I get a bigger tub? He answered each specific with a general: "You gotta be careful about doing something like that."

I hate these kinds of answers. I like answers like: "Smart idea!" and "You could do that yourself!"

Fifteen minutes later as he was attempting to leave I corralled him into the other bathroom. "What's the deal here?" I asked, lifting the lid of the toilet tank. He peered in.

"It's your ball-cock," he said. (I'm not making this stuff up.) "It's dripping there. You need a Fluid Master fill valve." You could do it yourself, he said. I tried to imagine the Man of the House and me wandering the Home Depot plumbing-parts aisle, ball-cock in hand.

I would also need an exotic-sounding wrench and would have to be careful not to crack the tank in the process.

His $200 bill was a small price to pay for household peace. The moral: It's tempting to go it alone when it comes to fixing what needs fixing but it pays to call the pros. And these days, they could use the good work they're trained to do.

Those who live in apartment complexes can call their property manager to find the services they use for building repairs.

Otherwise, ask those you trust for recommendations.

For extra reassurance, check the Better Business Bureau (mainlandbc.bbb.org/) to see if the company you're considering has been flagged.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

Tradespeople are suddenly available for those small fix-it jobs.

Referrals key to finding realtor who knows your tastes

HouseLeague

Ryan DeLuca

metronews.ca/houseleague

Hiring a realtor can be a tricky prospect. It requires a lot of attention to detail and ensuring that your personalities do not conflict with those you are working with. So what do you do if you are moving to an area of the Lower Mainland that your realtor of choice does not service? Get a referral.

It is always a daunting task to find a compatible realtor when it is in your own city, finding one you like based on websites and Google searches is that much more difficult.

If you are just moving from one city in the Lower Mainland to another, more often then not you can get a referral from your realtor to one they recommend.

The advantage to working off a referral is that your realtor will receive a referral fee from the new realtor.

This reinforces the notion that they will have a vested interest in finding you someone you can work with. They will also keep in touch with you to ensure you are satisfied with the referral instead of you having to deal with problems on your own.

While the new realtor will be taking over your file completely, knowing that you came as a referral from someone else will give them the incentive to work diligently to please you.

Referrals make up a large portion of any realtor's client base and they rely heavily on clients and other realtors referring new buyers and sellers to them.

Finally, dealing with a realtor you have been referred to can simplify things by allowing your current realtor to pass on all the information regarding your likes and dislikes to the new representative.

This will save you, in some cases, days of looking at properties that do not suit your aesthetic style while the new realtor gets a feel for your tastes.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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INTERVIEW IN SEATTLE ON SATURDAY, MAY 2, 2009
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To apply, submit the following: Current résumé • 1-page essay (no less than 500 words) titled, "Why I Want to Teach Children and Live in Japan"

Green homes
For tips on how to live green, Sarah Snow's Fresh Living: The Essential Room-by-Room Guide to a Greener, Healthier Family and Home (Bantam) is the book for you. It was released this week, see Amazon.ca for more. METRO NEWS SERVICES

Making your home eco-friendly

RAFAEL BRUSILOW
for Metro Canada

From solar-powered garden lights to patio furniture made from recycled plastics, living green at home is easier, and cheaper, than you may think.

"Living an eco-friendly lifestyle doesn't have to cost a lot of money and it can actually save you money while saving the environment," said Kate Dobrucki, a spokesperson for the Designs for Living Home & Garden Show.

Creative eco-friendly options start outdoors with recycled patio furniture, produced from the husks of plastic milk, juice and water bottles. The furniture looks pretty snazzy, is as strong as regular patio furniture and weathers exceptionally well, making it a great way to have an eco-friendly backyard.

Rain barrels placed below the gutters from your roof can let you save hundreds of gallons of rain water for watering your lawn rather than letting it wash over your driveway or sink into the soil near your foundation.

For things like garden lights, why bother paying to power them at all when you can let nature do it for free? Solar-powered garden lights can let you enjoy an outdoor evening on your patio without having to flip a switch.

"During the day when the sun is out, the lights collect sunlight and then in the evening you can have your garden lit up with no electricity required," Dobrucki said.

As for in-home energy saving solutions, Dobrucki says many are actually a lot easier to do than people think.

Most modern thermostats let you turn down your heat when you're not at home so make sure to replace yours with a programmable one to help you save energy.

Incorrectly placed insulation can make a big difference in energy costs as well, Dobrucki says, so consulting an expert to see if there are key places where you need to add more or rearrange your current insulation more efficiently can be beneficial and initial home inspections are often free.

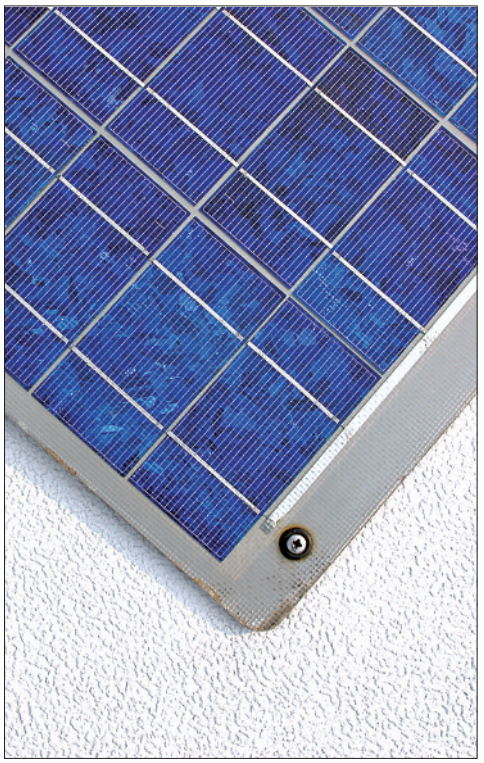
That ancient second fridge in the basement is an energy hog as well, wasting up to $120-$150 every year in energy costs and often filled with questionable remnants of long-forgotten food. It's a good idea to take a look at whether the scraps you're keeping in your second fridge are truly worth running up your energy bill.

"How much of that food is freezer-burned, how long has it been sitting there and are you going to actually eat it?" Dobrucki said.

Most hydro providers across Canada have refrigerator pickup or recycling programs making it easy to get rid of your old clunker.

EarthHour

"Living an eco-friendly lifestyle doesn't have to cost a lot of money and it can actually save you money while saving the environment."
Kate Dobrucki, from the Designs for Living Home & Garden Show



While these solar panels may not be feasible for the average home, solar powered garden lights are — and they can light up your garden at night for free once you buy them.

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Calling all aspiring teen models

Miss Teen Canada-World begins its national search for 50 semi-finalists on March 28 (until May 31). Organizers will search nine Canadian cities for girls aged 13 to 19. For more information, visit missteencanadaworld.com. METRO NEWS SERVICES

Style

Put your green foot forward

Starting next month, Payless ShoeSource stores across Canada will sell fresh green fashions at affordable prices. Their newest line, Zoe & Zac, offers on-trend footwear and accessories averaging about $50 per item. The line features eco-friendly materials such as organic cottons and linen, natural hemp, recycled outsoles and eco-smart packaging. From the Zoe & Zac collection is the Tigerlily Espadrille Wedge, left, $44.99. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Giving garments a second life

Sustainable fashion is the future, say eco-friendly designers

PATRICIA D'CUNHA
for Metro Canada

"You get the people who get freaked out that the dress they just purchased was once a trench coat worn by someone else."
Kim Munson, founder of Orphanage Clothing

The fashion gods are all clear about one thing – clothes are designed to make people look good.

But, what if looking good can also be eco-friendly? That's a concept some designers have embraced in recent years, but it's yet to envelop mainstream.

Eco-friendly clothes are sustainable and recyclable, in that something that was once a throwaway can now be turned into something new. "Sustainable clothing is a movement away from fashion as a disposable commodity," says Canadian designer Kim Munson, founder of Nova Scotia-based Orphanage Clothing. "In the case of Orphanage, one that is extending the life of used textiles."

But, this concept is not entirely applicable to vintage clothing; it's also about not using synthetic fibers, which do not decompose. "Big box retail leads to the consumption of fashion, which in turn leads to more discarded clothing, which ends up in the landfills," Munson explains.

"My biggest thing with sustainability is that it's not a trend, it's very common and it's the future," says Julia Grieve, founder of Preloved, the store and fashion label that creates one-of-a-kind clothing from reclaimed vintage fabrics. Grieve began her career as a model and then started Preloved in 1995. Along the way, she also worked as a fashion editor and writer, and has made appearances on television shows, such as Diva on a Dime and Project Runway Canada season two.

"I always call myself the accidental environmentalist," Grieve laughs. "We were doing all this good without even knowing it. In one season, we'll recycle over 80,000 sweaters just to produce our sweater collection."

Grieve says their line is fashion-forward, with attention paid to style and detail. "Our line is always based on fashion first…the sustainable side is just the cherry on the top."

Munson, who actually worked at Preloved when she was fresh out of design school, calls the store the "grandfather" of the sustainable clothing method in Canada.

Her own clothing line was founded in 2003, and can be summed up as "edgy street wear" that is timeless and with a flawless cut. Munson always had an affinity for changing up her clothing. Her mother had a clothing line as well, while her grandmother made clothes out of unwanted garments. "You could say it runs in the family," she explains.

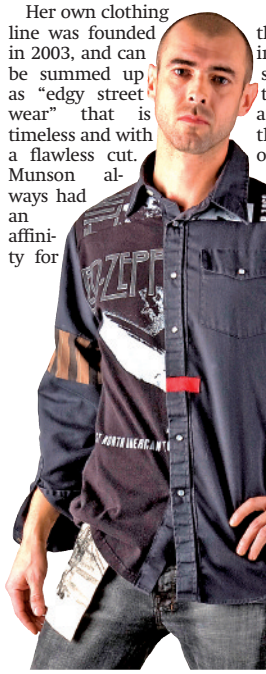
Munson says most people think that sustainable clothing lacks in quality and style. But that misconception most always turns into a pleasant surprise. "You get the people who get freaked out that the dress they just purchased was once a trench coat worn by someone else," she says.

Grieve agrees. She says people are often over-the-top when they find out that a dress Preloved designed is made from two different pairs of old trousers and two curtains. "Oh my god, it is so cool," customers often say to her.

While the clothing is eco-friendly, it does cost more to make fashion from reclaimed clothing. "There is a deconstruction phase that happens first. It's a whole other phase that doesn't happen when you're just using regular fabric," says Grieve.

PHOTOS COURTESY OF PRELOVED AND ORPHANAGE CLOTHING

Preloved sells clothing made from reclaimed vintage fabrics. Pictured dress: $199. (Their designs are sold at two Vancouver stores, see "Locations" box below).



Men's button down long sleeve, $89, Orphanage Clothing.

EarthHour

Locations

- For Preloved clothing, visit Dream Designs, 956 Commercial Dr., and Plenty, 1107 Robson St.
- For Orphanage Clothing styles, visit Thriller, 3467 Main St.

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion

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Pantene's new face
Pantene has chosen Padma Lakshmi, host of Food Network's Top Chef, as the face of its newest hair collection. METRO NEWS SERVICE

Rock 'n' roll soles

Latest Converse designs feature music imagery

SOFI PAPAMARKO
for Metro Canada

With the release of its spring collection, Converse has revealed its decidedly rock 'n' roll soles.

The brand's latest designs, hailing from its Music Collaboration Collection, feature imagery from some of the great heavyweights of Brit-rock, including The Who, Pink Floyd and Metal God-turned-reality-television-star Ozzy Osbourne.

Additionally, Converse commissioned a number of artists and musicians — Lupe Fiasco and U2's The Edge among them — to custom-design a shoe to benefit Product RED (joinred.com).

Fiasco's bilingual shoe plays off the look and feel of newsprint, while The Edge's contribution is an op-art study of geometry as inspired by the points and angles of the Converse star logo. Both limited edition styles are available for purchase beginning this month and all proceeds will go towards Bono's Global Fund.

The Converse Music Collaboration Collection has previously paid homage to Black Sabbath, The Doors and The Grateful Dead.

But what, exactly, is the connection between footwear and music?

"At some point, every rock singer and musician has worn Chucks," explains Patrick Kavanagh, director of sales and marketing for Converse Canada. "When you put on Chucks, they make you feel free."

LEFT: Converse PRODUCT (RED) Chuck Taylor 100 Edgez Of A Star High-Top by The Edge, $80.

Indeed, Chuck Taylors have often been the footwear of choice for noteworthy musicians. The iconic canvas sneaker has outfitted everyone from Kurt Cobain to Phil Collins, from Tom Petty and Joan Jett to Jason Mraz. Invented nearly 100 years ago as basketball shoes, Chuck Taylors (nicknamed for the athlete who eventually espoused them) are the antithesis of trendy, high-priced footwear. The shoe's casual low-maintenance comfort speaks to certain lifestyles.

"At some point, every rock singer and musician has worn Chucks."
Patrick Kavanagh, director of sales and marketing at Converse Canada

LEFT: Converse Chuck Taylor The Who Logo Oxford, $70.

The Ozzy Osbourne design features doodles of the Ozman as both an angel and a devil ($80 - $130). The Pink Floyd shoes showcase album art from Animals, Wish You Were Here and Dark Side of the Moon ($70 - $80) and the shoes that pay homage to The Who have distinctly mod sensibilities, featuring the Union Jack and red, white and blue bullseye logos ($70 - $90).

ABOVE: Converse PRODUCT (RED) Chuck Taylor 100 Suplementaire High-Top by Lupe Fiasco, $100.

LEFT: Converse Chuck Taylor The Who Jump High-Top, $80.

RIGHT: Converse Chuck Taylor The Who British Flag High-Top, $90.

Where to buy

- The limited edition Chucks are available at Little Burgundy and various independent retailers nationwide. Check out converse.com or call 1-800-387-9550 for more information about where to buy in your city.

SOFI PAPAMARKO/
FOR METRO CANADA

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Why it's maple
All trees produce sap, but maple trees produce greater quantities with a sweeter taste. It takes on average, 40 litres of sap to make 1 litre of syrup. METRO NEWS SERVICES

Food

The main syrup-producing trees are sugar maples, red maples and silver maples.

BARB HOLLAND/FOR METRO CANADA

One tree
During the maple sugaring season an average tree yields between 35 and 50 litres of sap, this will produce between 1 and 1.5 litres of maple syrup.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

The secret's in the syrup

À la carte

Barb Holland
metronews.ca/alacarte

It's finally spring and that heralds many things — shedding heavy clothing for one, and celebrating maple syrup season for another.

Canada produces about 85 per cent of the world's maple syrup and sells to nearly 45 countries. The majority comes from Quebec, by far the world's largest producer, with about 75 per cent of world production. Ontario, New Brunswick and Nova Scotia produce smaller amounts. Vermont is the largest U.S. producer along with other northeastern states.

Maple syrup is graded as: Canada #1: Extra Light, Light and Medium (for table use); Canada #2: Amber (stronger flavour, ideal for cooking), Canada #3: Dark (for commercial use only).

Beyond pancakes and waffles, maple syrup is tasty in many things, as these squares will attest. Be sure to buy Canadian and check the label says pure maple syrup.

Beyond pancakes and waffles, maple syrup is tasty in many things, as these squares will attest.

Maple Walnut Oat Squares

Other nuts can be used in place of walnuts or add dried cranberries or raisins if you prefer. Makes 18 squares.

INGREDIENTS:
- 1/3 cup (75 ml) butter
- 1 cup (250 ml) pure maple syrup
- 2 cups (500 ml) rolled oats
- 1/2 cup (125 ml) chopped walnuts
- 1 egg, lightly beaten

METHOD:
Line a 9-inch (23-cm) square baking pan with a parchment paper sling (a few inches of paper hanging over two ends). Spray the other 2 sides with non-stick cooking spray. Preheat oven to 375°F (190°C).

In medium saucepan, bring butter and maple syrup to a boil over medium heat, stirring constantly. Continue cooking for 3 minutes.

Remove from heat and stir in oats, walnuts and egg, mixing well. Spread evenly in prepared pan. Bake 20 to 25 minutes, or until lightly browned.

Cool 10 minutes or wire rack. Run a thin metal spatula around edges. Use the parchment paper overhanging ends to lift the entire slab to a wire rack to cool completely. Cut into squares. Refrigerate, if desired, to firm up.

Tips:
- Store maple syrup in the refrigerator.
- During the growing season, maple trees accumulate starch. With the spring thaw, enzymes change this starch into sugar, which mixes with the water absorbed through the roots, importing a slightly sweet taste. Maple sap contains water (about 97 per cent), minerals, organic acids and a mild maple flavour. In early March, the sap starts to run for about six to eight weeks.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

UnWine'd with Big Rock Breweries March 31st
Reception: 5:30 p.m. | Dinner: 6 - 9 p.m.
Price: $39

Come discover the "other" dinner drink and learn what an excellent accompaniment beer is to many flavours and dishes. Chef Dignan teams up with Brewmaster Paul Gautreau for a feast not to be missed. Sample 4 courses featuring old pub fare with UnWine'd Flare paired with complimentary featured beers from Big Rock Brewery's extensive selection.

UnWined | Big Rock Brewery

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Visit www.unwined.ca to purchase tickets.

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www.prestocucina.ca

Riding the Recession

Meals for a steal

Café Crepe
874 Granville St.
604-806-0845

Café Crepe is a European style café that serves burgers, hot dogs, paninis, baguette sandwiches and, of course, crepes. The prices are affordable and usually include a choice of fries or salad. Including a selection from beer to margaritas, Café Crepe provides quality cheap food and beverage to the average person.

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

Eco-sipping

EarthHour

Truth be told, organic booze takes up more grey area on the shelf than it does green. The problem is standards.

International regulations as to what really constitutes an organic product vary considerably; with consumers and retailers alike using the term to cover just about anything with a flower on the label.

When it comes to wine there are very few made with one hundred per cent organic juice. The grapes may be organically grown (using biodynamic farming methods and no chemicals in the vineyard) but there can still be limited artificial stabilization used during the actual winemaking.

Not to downplay how serious many wineries are in gaining (and keeping) their organic status. History tells the best tales and there isn't a winemaker with more time to the cause (or with more varietal variety) than California's **Bonterra Vineyards**.

Their **2006 Zinfandel ($18.95 - $21.99)** is rich and aromatic with loads of dark chocolate and warm earthiness that would make a perfect partner for beef.

On the spirit side you can make your martinis au natural with **Square One Vodka ($40.59 - $52.99)**. Made with organically grown American rye it's a smooth, silky vodka that loses nothing in the translation.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Tune in tonight
A new documentary series airing on CBC Television, The Great Food Revolution: A Citizen's Guide to Eating in the 21st Century, takes viewers on a gastronomic journey and explores how we have transformed the way we eat, drink and think about food. The four-part series concludes tonight at 8 p.m. METRO NEWS SERVICES

Urban Foodie

Women pour gold at wine fest

ANYA LEVYKH
anya.levykh@gmail.com

Wine has traditionally been a man's world, but, as the Diva(s) at the Met event at this week's Vancouver Playhouse International Wine Festival showed, these days it's the women who hold the keys to the cellar. Here are some top women of wine and the bottles they pour.

The woman: Eva Bertran, Executive VP
The winery: Gloria Ferrer, Sonoma County, Calif.
The wine: Sonoma Brut NV
Tasting notes: Light pear and floral nose, with a trace of stone, balances warm apple and toasted flavours. Short, clean finish.
Food pairing: Match with shellfish, chicken or sushi. Or try Gouda or Brie type cheese with olives.

The woman: Eve Jell, International Sales Director
The winery: Spier Estate, Stellenbosch, South Africa
The wine: Private Collection Chenin Blanc 2007
Tasting notes: Aromas of dried apricot, lemon and lime. Strong fruit flavour balanced by slightly lingering finish.
Food pairing: Seafood, sushi, roast duck and pork tenderloin. Goat cheese with figs and prosciutto.

The woman: Heidi Noble, Owner/Winemaker
The winery: JoieFarm, Naramata Bench, B.C.
The wine: A Noble Blend 2008
Tasting notes: A blend of Gewürztraminer, Pinot Blanc, Pinot Auxerrois, Pinot Gris and Oraniensteiner. Medium body, spicy nose of pink grapefruit and white peaches over palate of cloves, coriander and citrus.
Food pairing: Cured fish, roast chicken or goose, garlic and saffron bases.

The woman: Sandra Oldfield, Owner/Winemaker
The winery: Tinhorn Creek Vineyards, Oliver, B.C.
The wine: Oldfield's Collection 2Bench 2007
Tasting notes: Almost 50 per cent Semillon, 27 per cent Chardonnay, with Sauvignon Blanc, Viognier and Muscat. Clean crisp palate balanced by subtle nose of tropical fruit and melon. Clean, citrus finish.
Food pairing: Any cheese, chicken, duck or lighter pasta dishes. Good for drier, less rich desserts.

The woman: Andrea Besslich, International Export Manager
The winery: Schloss Reinhartshausen, Rheingau, Germany
The wine: Hattenheimer Wisselbrunnen Riesling 2007
Tasting notes: Soft, crisp palate with smooth nose of peach and apricots, light lingering finish.
Food pairing: Pork or duck terrines, medium aged cheeses, charcuterie.

The woman: Antonella di Tonno, Managing Director
The winery: Azienda Vinicola Talamonti, Abruzzo, Italy
The wine: Kudos IGT Colline Pescaresi 2004
Tasting notes: Spicy, bold yet elegant palate, nose of tar, violets and stone fruit, with mouth-coating finish.
Food pairing: Braised meats and game, stews, richer pastas.

The woman: Cathy Seghesio, Sales Manager
The winery: Seghesio Family Vineyards, San Lorenzo, Calif.
The wine: Zinfandel 2006
Tasting notes: Dark, bold palate, with nose of cherry and blackberries. Light peppery finish.
Food pairing: Dark chocolate truffles, spicy stews, game and dark meats.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER

Owner/grower Heidi Noble of JoieFarm Winery holding her 2008 Rosé: Re-Think Pink.

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Glastonbury almost cancelled

Glastonbury was almost cancelled for being "too big, too muddy and too horrible." Michael Eavis — who founded the popular music event — has revealed the British festival was nearly scrapped after acts complained it had become too commercial. FEMALEFIRST.CO.UK

Entertainment

Newly Swingle

Cameron Diaz is set to star in Swingles. She is in final talks to star in the upcoming romantic comedy as a sharp-tongued woman opposite a male rival, who is still to be cast. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

'Perfect' debut for Keri Hilson

STEVE JENNAN/FOR METRO CANADA

Keri Hilson

IAN NATHANSON
for Metro Canada

Her longtime love of singing helped Keri Hilson score backup vocal spots with the likes of Nas, Xzibit and Kardinal Offishall. Her model-perfect looks warranted her inclusion in Nelly Furtado's Promiscuous Girl, Usher's Love In This Club and Timbaland's The Way I Are and Scream.

Now it appears that the Atlanta-born songstress is ready to step to the fore as a leading performer with her solo debut, In a Perfect World..., out this week.

"Coming from the writing world, you want the fan to connect with the artists' songs," Hilson tells Metro of her pop-oriented R&B effort, with guest appearances from Timbaland, Kanye West, Ne-Yo and Lil Wayne. "So now I'm fulfilling my dreams as a singer of my own work."

The 26-year-old cites such contemporaries as Ne-Yo and West who perform as well as write and produce for others. "Some writers get this mentality in their head that they don't need to sing. I'd be worried about getting complacent."

Long before she rubbed shoulders with some of R&B and hip hop's elite, Hilson considered herself as an eager youngster who begged her mother to enter her in talent shows. She earned the nickname "Keri-oke" in elementary school, her teachers often remarking how she disrupted classes with her constant singing.

For a period between, her focal points were aimed squarely as a songwriter for hire, as part of a collective of writers and producers referred to as The Clutch. Among her clientele: Ciara, Ludacris, Usher, Nas and Mary J. Blige.

Oh, and the hook-laden chorus to Britney Spears' 2007 comeback single, Gimme More? Yep, credit Hilson for that."I was collaborating with Nate 'Danja' Hills, a protégé of Timbaland's," she says, "and remember us hearing the track and I started going off in this high-pitched voice, 'Gimme-gimme. Gimme. Gimme-gimme. Gimme-gimme.' ... That was the hook."

Rocking Mother Earth

Many artists making effort to become carbon neutral

KEITH CARMAN
for Metro Canada

The ace of spades is turning green.

Since its formative years, rock 'n' roll has been renowned for disregarding anything other than instant gratification. The essence of a great band was to promote a consistently laissez faire attitude. However, as global ecological consciousness takes hold and awareness of our lackadaisical stance toward Mother Earth evolves, a new revolution is pervading.

Rock is going green. Over the past half-century, rock has left a mark on the world yet the impact hasn't been solely societal. There's an environmental component to artists such as The Rolling Stones, U2 and Willie Nelson traipsing the globe, promoting their new album and entertaining the masses nightly month after month, year after year.

That abrasion runs far deeper than the cliched tales of promiscuity and narcotics abused by people with loud guitars and louder voices. From carbon-spewing flights and tour busses, massive power drain for lights, decibel-crunching amplification and the generation of trash, even the smallest bands leave an indelible stamp on the planet. Musical preferences aside, that's not good.

GETTY IMAGES

Jack Johnson's "EnviroRider" includes backstage recycling containers, locally sourced catering and a voluntary $1.50 ticket fee to "offset carbon emissions associated with traveling from the show."

Nonetheless, many artists are making great strides to revert their global toxic shock, striving to become carbon neutral. Those stars who once gained notoriety for trashing hotels and ignoring ethics are now revered for their radical approach to rockin' out while saving the planet — or at least minimizing the impact.

Despite many precedents, no established working formula has been set. Many artists are left struggling to find a way to contribute yet all are revered for their efforts big or small.

Witness Willie Nelson's biodiesel-powered buses and Jack Johnson's "EnviroRider" which includes things like backstage recycling containers, locally sourced catering and a voluntary $1.50 ticket fee to "offset carbon emissions associated with travelling from the show." Neil Young's baby-step: His forthcoming album Fork In The Road is about his electrically converted 1959 Lincoln Continental.

EarthHour

On his website, eco-king David Suzuki heralds The Rolling Stones and Coldplay for offsetting emissions associated with their concerts and albums by reducing and/or planting trees to suck up the noxious gasses and turn them into clean, healthy oxygen. The Dave Matthews Band has traced their carbonic steps back to 1991 and turned to organization Native Energy (nativeenergy.com) who document a person/business/act's footprint and counter it by constructing new Native American and Native Alaskan renewable energy generators that create clean electricity, displacing coal-fired plants.

Keep in mind that as with all things innovative, the first steps made towards correcting environmental oversights aren't picture-perfect. Most of Coldplay's carbon-mashing mango trees died in their first year and as Rolling Stone Magazine reported in June of 2008 and Radiohead were chagrined to learn of a six-hour traffic jam en route to one performance. That's six hours of fume-spewing vehicles going nowhere.

Still, those are circumstances beyond a band's control and the green rock revolution is quite young so while a fully green tour is many moons away, as the movement garners attention and support, the kinks are slowly worked out.

It's a start: Acts aspiring to generate action from knowledge; hoping that such environmental responsibility will become as infectiously appealing as the desire to become a world-travelling guitar hero.

ALL NEW!
Ice Capades
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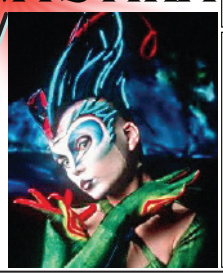
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Redgrave joins Robin Hood
Vanessa Redgrave is joining the cast of director Ridley Scott's untitled Robin Hood project, starring Russell Crowe, which is beginning production in the United Kingdom. REUTERS

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Benno Fürmann (Thomas) and Nina Hoss (Laura) in Jerichow.

Jerichow love affair too easy to predict

Jerichow
Director: Christian Petzold
Stars: Nina Hoss, Benno Fürmann and Hilmi Sözer
Classification: STC
Rating: ●●

ROBYN YOUNG
for Metro Canada

REVIEW So consumed by jealousy and suspicion of everyone around him, Ali Ozkan, a Turkish immigrant to Germany, fails to notice his wife is cheating on him right in front of his eyes in the film Jerichow.

German writer and director Christian Petzold fashioned the film after The Postman Always Rings Twice, 1946, in which an unhappily married woman hooks up with a hapless drifter hired on by her husband. In the original the two spend the rest of the film trying to off the husband, but Jerichow features a surprising twist.

The characters are well developed but the emotional connection between Ali's wife Laura (Nina Hoss) and her lover Thomas (Benno Fürmann) is missing some main ingredients.

The sudden tryst between the two lacks build-up and before you know it they're sucking face on the beach, grabbing each other in their work shed and confessing their love for one another.

Ali, a successful businessman who owns a few dozen roadside take-away shops in the German town of Jerichow, is constantly anxious that one of his employees, or his wife, is cheating him.

Thomas becomes entangled with the two after he helps the Turk who's been caught driving under the influence. Ali eventually loses his licence and hires Thomas as his driver.

Unfortunately, the direction is not very subtle and it's easy to predict the former bar maid and handsome helping hand are going to hook up. Considering Ali's level of paranoia, it's difficult to believe he didn't see the affair between Laura and Thomas coming from a mile away.

Joel scores hat trick

Joel **Plaskett**

Album: Three
Label: MapleMusic/Universal
Rating: ●●●●½

IF ANYONE CAN claim the moniker "hardest working man in show business" it's got to be Joel Plaskett. Since disbanding Thrush Hermit in 1999, the travelling troubadour has been producing album after album of great folk rock. But his latest is his most ambitious project yet. It's an introspective three record behemoth about leaving home and coming back. While it might sound crazy to release 27 songs at once, they're all fantastic. Disc one features the louder tunes, album two is sombre, while the last record picks the tempo back up. A must have for any Canadian music fan.

Bryan Borzykowski/for Metro Canada

Keri **Hilson**

Album: In A Perfect World
Label: Interscope/Universal
Rating: ●●½

A WHOLE LOT of people owe Keri Hilson some big favours. She's written for Britney Spears, Usher and Ludacris as well as providing vocals for Timbaland's solo album Shock Value. This is a classy album from a talented individual, but there's little here that differentiates Hilson from the rest of the contemporary R&B world. Unfortunately, that's probably because there's too many "friends," including producer Timbaland, putting her through the same loops that everyone else have already given a good ride. This album already had three single releases before it was complete — Energy, the appropriately titled Return The Favor with Timbaland, and Turnin Me On with Little Wayne. None set the charts on fire and it's unlikely the fourth single, Knock You Down, will fare much better even with the help of Kanye West and Ne-Yo.

Graham Rockingham/for Metro Canada

MAPLEMUSIC PHOTO

Joel Plaskett's latest album Three is an introspective three-record behemoth about leaving home and coming back.

Music Reviews
music@metronews.ca

Martina **McBride**

Album: Shine
Label: RCA/Sony
Rating: ●●●½

THIS ALBUM HAS more than a few of those "wow-how-did-she-hit-that-note" moments. But that's what we've come to expect from McBride. She possesses the biggest voice in Nashville, sort of a country version of Celine Dion minus the bizarre baggage. Here she teams up with producer Dan Huff (Rascall Flats, Keith Urban) for an album that's sure to score some hits. This is a wonderfully sounding album sticking to a safe formula. McBride forged new ground back in the '90s with songs like Independence Day. Here, even the socially conscious tracks like Wild Rebel Rose and I'm Trying, seem to be obligatory nods to her biggest hit when placed next to songs with titles like Sunny Side Up.

Graham Rockingham/for Metro Canada

On the web
There's more online at metronews.ca/music:
- more music reviews
- Links to this week's reviewed music

Dance-punk duo push musical boundaries

ROB MCMAHON
for Metro Canada

Meet Matt & Kim, the lovable Brooklyn art-school couple block-rocking their way across the dancefloors of North Amercia.

Matt Johnson (vocals/keyboards) and Kim Schifino (drums/vocals) met at the Pratt Institute, united by a shared love of hip hop, punk rock and accessible, dance-friendly pop. Formed at the height of the "avante-noise" scene in New York, the pair took a cue from DFA Records and began making music that pushes beat and melody over intellect.

"I think there's a certain level of guilt in saying you play pop music, since so many people have done those chord progressions before," said Johnson. "(But that was) the same (issue people faced) in our school film program. Since Shakespeare's time, there's always been an intuitive problem, rising action, conflict, and resolution in drama ... If you're creating films that lose that structure, it gets really boring."

The band's tunes blend structured songcraft and loose, raw beats. In this sense, Grand's up-front basslines and chunky, booming drums recall mid-90s Big Beat — the Coldcuts, Prodigys and Chemical Brothers of the world. Though Johnson avoids comparisons to those sounds, instead labelling their music hip-hop influenced dance-punk, he said going big was a major focus.

All the songs have Schifino's drumbeats at their core. Then, Johnson hums melodies into a Dictaphone before hacking them out on his Yamaha C55 analogue synth, chosen because it looks cool and "has the deepest bass tone ever." But even those melodies are stripped. For example, on Good Ol' Fashion Nightmare, the hook is played on modified piano keys tacked so the mallets make a banging, percussive sound. Lyrics about life and love in NYC are filled in with Matt's nasally vocals.

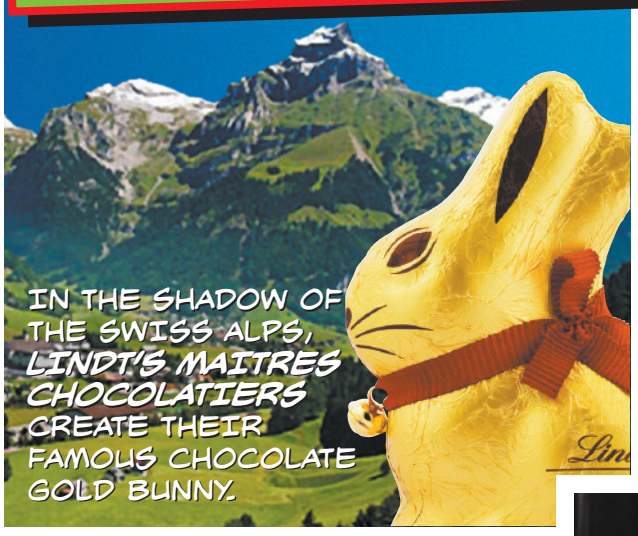
The band's interest in thick, upfront rhythm transfers into the band's notorious live shows. While most drummers fill the kick drum with blankets and tighten up the head, Schifino keeps her set loose and empty — a setting that Johnson joked made plaster fall from the ceiling at a recent Vancouver show.

"We wanted our kick drum cranked right out, so it sounded like a locker slamming closed — really big and tight," he said. "We recorded the album in my parents' house in Vermont, actually in the bedroom I grew up in. We put mics down the hallways, all around the house, to get this huge web of resonance echoing off of everything."

TODD SEELIE PHOTO

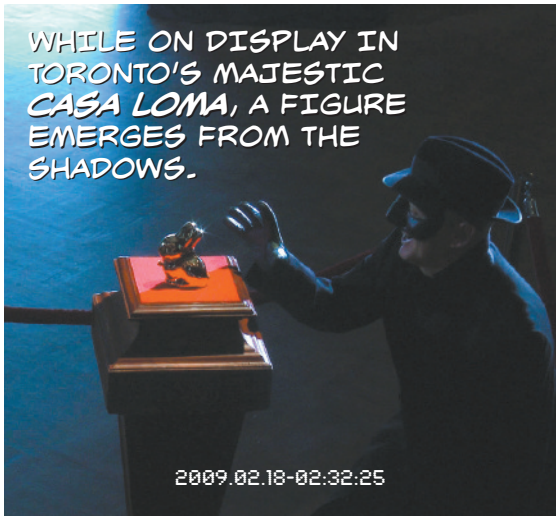
Grand is the second album from Brooklyn band Matt and Kim.

THE LINDT GOLD BUNNY. HE'S GOLD. AND HE'S GONE!

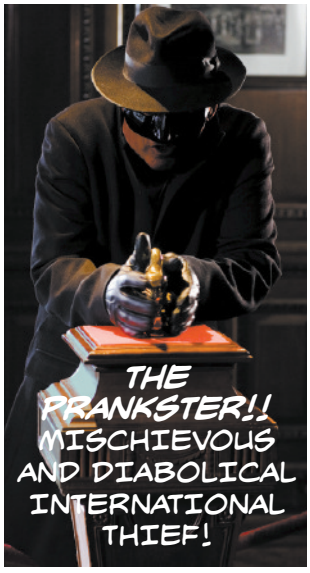


IN THE SHADOW OF THE SWISS ALPS, *LINDT'S MAITRES CHOCOLATIERS* CREATE THEIR FAMOUS CHOCOLATE GOLD BUNNY.

RECENTLY, THEY HAD A *24K GOLD BUNNY* MADE IN HONOUR OF THEIR CHOCOLATE BUNNY. IT WAS SENT ON A *WORLD TOUR* FOR ALL TO MARVEL AT.



WHILE ON DISPLAY IN TORONTO'S MAJESTIC *CASA LOMA*, A FIGURE EMERGES FROM THE SHADOWS.



THE PRANKSTER!! MISCHIEVOUS AND DIABOLICAL INTERNATIONAL THIEF!

THE COMPLEX SECURITY SYSTEM IS CHILD'S PLAY FOR *THE PRANKSTER.*

THE 24K LINDT GOLD BUNNY AND *THE PRANKSTER* VANISH INTO THE NIGHT.

EVEN NOW HE MAY BE CHANGING HIS APPEARANCE. TIME IS OF THE ESSENCE. DON'T LET *THE PRANKSTER* WIN.

$10,000 CASH FOR THE RETURN OF THE 24K LINDT GOLD BUNNY. DON'T LET THE PRANKSTER WIN. GO TO WWW.LINDTGOLDBUNNY.CA

No purchase necessary. Canadian residents eligible to enter. To enter, log onto www.lindtgoldbunny.ca and correctly answer the 5 questions about the location of the GOLD BUNNY statue. Limit one entry per day with this method. Contest is from March 9 to April 12, 2009. Chances of winning depend on number of eligible entries. Mathematical skill-testing question required. For full Contest rules, including other ways to enter, see www.lindtgoldbunny.ca.

Amazing Race host faces 'daunting' challenge

Amazing Race host Phil Keoghan has called his 40-day, 39-city cycling tour, which starts Saturday, "the most daunting physical thing I have ever attempted." PEOPLE.COM

All-star comic action

Seth Rogen among big names in Monsters vs. Aliens

NED EHRBAR
Metro World News

Animated films offer a great opportunity to bring together the kind of all-star cast that would be difficult to wrangle for a live-action film, as this week's Monsters vs. Aliens proves.

Inspired as much by The Dirty Dozen as by the B-movies it celebrates and lampoons, the movie centres on a group of misfit creatures (Reese Witherspoon, Hugh Laurie, Seth Rogen and Will Arnett) locked away in a government facility until an alien invasion gives them the chance to prove themselves.

Rounding out the supporting cast are Keifer Sutherland as their military minder, Stephen Colbert as the president and Paul Rudd as Witherspoon's self-absorbed fiancé.

"It's a great opportunity to work with a lot of great comic actors," Witherspoon says of making animated films.

"We're all so busy doing other kinds of movies that it's only ever possible to work with this many amazing, talented people in this capacity because it doesn't take up a huge amount of all of our time."

Canadian actor Seth Rogen stars in Monsters vs. Aliens.

Movie feature

"We got really lucky with our cast," producer Lisa Stewart says. "We set out to create a comedy all-star team."

The film marks Witherspoon's first foray into animated work, and she says the fact that the story centred on a female protagonist (her character, Susan) and was what drew her to the role. But if she thought a cartoon would be a walk in the park, she had another thing coming. "We really put Reese through the ringer," director Conrad Vernon jokes.

Like Witherspoon, much of the cast was new to animation when they signed on.

But Seth Rogen has been racking up plenty of cartoon credits, popping up in almost as many animated films as he has live action. Last year, he was heard in Kung-fu Panda and Horton Hears a Who, which also featured Arnett. And he appeared recently on an episode of Family Guy lampooning his own success.

"It feels a lot more like playing than acting," Rogen says of doing voice work.

Monsters vs. Aliens also features a number of Canadian cast members, including Sutherland, Arnett and Rogen. "We're slowly taking over," Sutherland said.

Brit blond steps into darker role

FEATURE Playing a woman who trades sex and dignity in a bid to get green card status in the U.S. took its toll on Alice Eve.

"I definitely had trepidation about (the role), of course I did, and I think I definitely grieved having done it. I don't think that you escape the human process when you do something like that," said British-born Eve, who plays an Australian actor who succumbs to an immigration officer's demands for sex in Crossing Over, opening tomorrow.

The film, starring Harrison Ford, Naomi Watts and Ray Liotta, explores several storylines in its examination of the U.S. immigration system and the toll it takes on ordinary people.

For Eve, 27, the role is definitely her toughest to date after lighter fare on stage and screen, in part because sex scenes require nudity.

"Because I'm blond and chirpy, I often get cast in a certain kind of role. To play someone who has an edge and who packs a punch and who has a journey and a crisis was, I think, the thing I was most interested in about this project," Eve said.

Alice Eve was nervous about her role as a woman who trades sex for immigrant status in Crossing Over.

As an actor who travels frequently, Eve said she has become quite "resilient" at crossing international borders, right down to looking ahead upon arrival to see which immigration officer seems to be "smiling the most."

The important thing to remember about Crossing Over, Eve said, is that each storyline — a Mexican mother separated from her child, a Bangladeshi high-school student whose essay on the 9/11 terrorist bombings draws the attention of the FBI, a woman at odds culturally with her Iranian-born family, a Korean teenager's conflict with his father — are all based on true events.

TORSTAR NEWS SERVICE

"To play someone who has an edge and who packs a punch and who has a journey and a crisis was, I think, the thing I was most interested in about this project."
Alice Eve

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/26/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Doc Zone "The Great Food Revolution Parts 3 and 4" (N)				CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Kath & Kim	My Fabulous Gay Wedding		Party Monsters: Cabo (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol (CC)		Grey's Anatomy (N) (CC)		ER "I Feel Good" (N) (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Hex" (N) (CC)		Supernatural (N) (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (CC)		The Office (N)	Kink in Hair	Life "5 Quarts" (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Old Christine	Samantha	America's Next Top Model		(:02) Private Practice (N)		News (N)
	253	359	13 CITY	Law & Order: SVU		In Motherhood	Friends (CC)	30 Rock	30 Rock (N)	Hell's Kitchen (N) (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Hex" (N) (CC)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	College Basketball: NCAA Tourn. Regional Semifinal				KIRO News	Judge Judy	Entertainment	The Insider	News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	The Office	The Office (N)	(:31) 30 Rock	ER "I Feel Good" (N) (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	In Motherhood	Samantha	Grey's Anatomy (N) (CC)		(:02) Private Practice (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Gang Related ★★ (1997) James Belushi, Tupac Shakur.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Doc Martin "Old Dogs" (CC)		Poirot "Incredible Theft"		Spain ... On the Road Again		Spain
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		Hell's Kitchen (N) (CC)		News (N) (CC)		Family Guy
	-	364	45 PBS	MI-5 "Thou Shalt Not Kill"		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Paid Program	Houses For
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Hex" (N) (CC)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Janice Dickinson Modeling		Late Show-Letterman		Late Late Show	
news	502	390	26 NW	Geologic Journey		CBC News: The National (N)		CBC News: The National		Geologic Journey		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey		Sportsnet	Canucks TV	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Score Golf	Motorcycle	2008 World Series of Poker		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker "Julio and Joe"		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54 SCR	College Basketball NCAA Tournament Regional Semifinal -- Teams TBA. (Live)					Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Bullrun (N)		Pimp My Ride	Pass Time	Pinks -- All Out		Inside GP	Formula One Racing: Practice	
	416	409	144 GLF	Extra Time	Footballers	Gol TV News	Extra Time		Footballers	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life (CC)		Falcon Beach (CC) (DVS)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	South Park: Bigger, Longer & Uncut ★★★ (1999) (CC)			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Big Comfy	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Recreat. Eden	Big Ideas	Francesco's Italy: Top to Toe		Broadway: Musical		The Genius of Photography		Footsteps
	575	583	20 CMT	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Imp.	Home Imp.	Reba (CC)	Reba "Issues"	Hope & Faith
	570	580	24 MM	Instant Star	Instant Star	Video on Trial	Video on Trial	Paris Hilton's British Friend		Video on Trial	Technical Diff.	Spotlight
	600	564	25 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	The Beast "Tilt" (N) (CC)		The Beast "Tilt" (CC)		The First 48 (CC)		The First 48 (CC)		The Beast
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		DEA		MANswers	MANswers	Married... With	Married... With	MXC
	521	560	34 TLC	Heli-Loggers (N) (CC)		Street Customs (CC)		Heli-Loggers (CC)		Overhaulin' "Scout's Honor"		Overhaulin'
	616	522	35 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	Caddyshack ★★ (1980) Chevy Chase. (CC)		
	620	523	40 BVO	Manuf Dis	Abbas in Iran	Law & Order "Sheltered"		Without a Trace "Primed"		Rasputin ★★★ (1996) Alan Rickman. (CC)		
	601	562	41 SLC	X-Weighted "Debbi" (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Deadliest Catch "Men"		Lion Feeding Frenzy		Bear Feeding
	522	506	44 HIS	NCIS "Heart Break" (CC)		Ancient Discoveries		Go Deep "Earthrace" (CC)		NCIS "Heart Break" (CC)		Sea Hunters
	627	528	45 SPC	Chuck (CC)		Stargate SG-1 "Threshold"		Star Trek: Next Gener.		Star Trek: Voyager "Warlord"		Star Trek: Ent.
	294	650	57 TBS	American Pie 2 ★★ (2001, Comedy) Jason Biggs. (CC)				Sex and-City	Sex and-City	(:10) Deuce Bigalow: European Gigolo ★		
	619	525	48 TROP	Vanity	Inside Hollywood (CC)		Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge "Big City Cakes"		Unwrapped	Secret Life of	Family
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	House Party	Daily Show
	320	621	60 CEN	(6:25) Weirdsville ★★ (2007)		My Winnipeg ★★★ (2007) Premiere. (CC)		The Visitor ★★★ (2007) Richard Jenkins.				Hannibal Ris
	581	566	101 MTV	Taking the Stage (N) (CC)		MTV Live	After	Making the Band 4 (CC)		Taking the Stage (CC)		MTV Live
	261	394	102 V	(6:00) Laura ★★★ (1944)		Poltergeist: The Legacy		Laura ★★★ (1944) Gene Tierney, Dana Andrews. (CC)				Paid Program
	-	-	106 MUL	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics'corner

Manufacturing Dissent

It's critical of Michael Moore's methods, but this 2007 documentary from Canadian filmmakers Rick Caine and Debbie Melnyk isn't a hatchet job. Unable to score an interview with the left-leaning documentarian himself — shades of Moore's own "Roger & Me" — they talk to other people about him, including Ralph Nader and fellow filmmaker Errol Morris. Former President Jimmy Carter, scholar Noam Chomsky and actor-activist Richard Gere also appear. 6 PM on BVO

Samantha Who?

When Todd and Samantha (Barry Watson, Christina Applegate) go on a double date with Andrea (Jennifer Esposito) and her fantasy crush, pro basketball star Tony Dane (McKinley Freeman), Todd makes an awkward discovery that could bench the relationship. Dena (Melissa McCarthy) begins an online relationship with a lonely soldier. Jean Smart also stars in the new episode "My Best Friend's Boyfriend." 8:30 PM on VI

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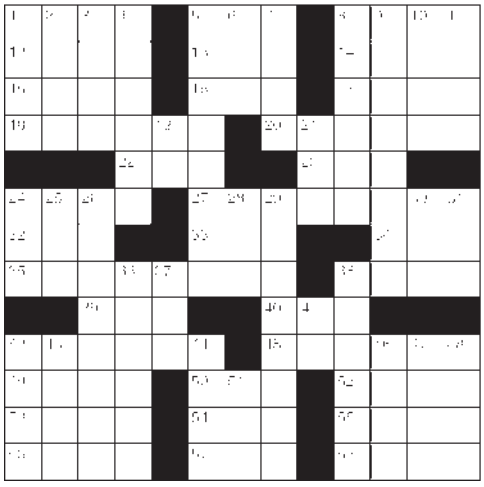
Take Five



Crossword across

1 Requests
5 Springtime abbr.
8 Standards
12 Injure severely
13 Kiwi's extinct kin
14 Saudi Arabia neighbour
15 Curved molding
16 Wood-shaping tool
17 Peacekeeping grp.
18 Whiz
20 Capital of Croatia
22 Deli loaf
23 Floral accessory
24 The "Say Hey Kid"
27 Still having a rind
32 Resume, for short
33 Estuary
34 Deposit
35 Bill Clinton, by birth
38 Extra
39 Raw rock
40 Discoverer's call
42 Reverberates
45 Look for typos
49 Bridge coup
50 NAFTA signatory
52 Urban carrier
53 Cougar
54 "Platoon" locale
55 Cruising
56 Nays' undoers
57 College transcript no.
58 Opposite of 38-Across

Crossword down

1 Andy's pal
2 Long story
3 Chicken —
4 Fingerpaints
5 Olympians, generally
6 Legume holder
7 Heckle
8 Thin silky fabric
9 Texas city
10 Assessment
11 Uppity one
19 Big Apple abbr.
21 Milwaukee product
24 Biz deg.
25 Broadcast
26 Japanese city
28 Actress Peeples
29 Complete view
30 Listener
31 Go red?
36 Scents
37 Born
38 Human
41 That guy
42 Get a glimpse of
43 Fingerprint, often
44 Trilled
46 Relaxation
47 Graph lines
48 "Buenos —"
51 Enervate

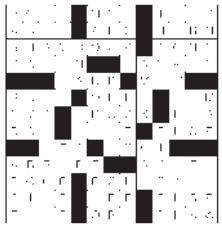
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5		6				7		8
	4		5		7		2	
1								3
		3	6		2	8		
	5						3	
		2	8		9	1		
7								9
	3		9		8		6	
9		1				2		4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	3	4	9	5	1	2	6	8
6	2	9	4	8	7	1	5	3
8	5	1	6	2	3	4	7	9
9	1	8	3	6	5	7	2	4
3	4	7	2	1	9	5	8	6
5	6	2	8	7	4	3	9	1
1	8	5	7	4	6	9	3	2
2	7	3	1	9	8	6	4	5
4	9	6	5	3	2	8	1	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Beefy Mushroom Barley Soup

INGREDIENTS:
12 oz (375 g) beef chuck, cut into 1-in. (2.5-cm) cubes
3 medium onions, coarsely chopped
10 oz (300 g) mushrooms, sliced
3 large carrots, sliced
1/2 cup (125 ml) pearl barley
7 cups (1.75 l) low-salt beef broth
1 cup (250 ml) dry white wine or tomato juice
salt to taste
1/2 tsp (2 ml) pepper
1 cup (250 ml) frozen peas
2 tsp (10 ml) lemon juice

METHOD:
1. Coat large pot with nonstick cooking spray and set over medium-high heat until hot but not smoking. Sauté beef until brown, about 5 minutes. Transfer to double layer of paper towels with slotted spoon.
2. Sauté onions and mushrooms in pot drippings until onions are golden, about 7 minutes. Return beef to pot. Stir in carrots, barley, broth, wine, salt and pepper, then boil.
3. Reduce heat to medium-low. Simmer, partially covered, until beef and barley are tender, about 45 minutes. Stir in peas and cook, uncovered, until tender, about 5 minutes. Remove from heat and stir in lemon juice.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Deal with a health issue immediately. Speak plainly of a flight of fancy. Never say never when it comes to extreme motivation.

TAURUS ♉
APRIL 21-MAY 21
Expect a minor amount of doubtfulness. Steer clear of a temperamental fiend. Express your respect for a logical argument.

GEMINI ♊
MAY 22-JUNE 21
A companion's sharp emotional edges are dangerous. Grief causes gloom but progress brings ease. A motivated person causes disruption.

CANCER ♋
JUNE 22-JULY 22
Don't be baffled by a war of words. Release someone from a stressful place. A hero is ludicrously lacking good judgment.

LEO ♌
JULY 23-AUG 23
Dreadful decadence causes remorse. A social caller rewards you for exuberance. Flattery and gossip will get you somewhere.

VIRGO ♍
AUG 24-SEPT 22
A concerned note helps you to find an error. Love lessons are learned the easy way. Avoid having a lively conversation while working.

LIBRA ♎
SEPT 23-OCT 23
Have some comfort food and a mini-vacation. A woman's troubles will ease soon. A friend's chronic complaining will stop.

SCORPIO ♏
OCT 24-NOV 22
Tension subsides when a woman shows kindness. Don't take sides in an argument. Your heart is wrenched by a pitiful story.

SAGITTARIUS ♐
NOV 23-DEC 21
Somebody's unbridled passion is unnerving. A minor spat makes you take shelter. It's time to let go of unnecessary luxuries.

CAPRICORN ♑
DEC 22-JAN 20
Don't expect too much. Misconduct erupts as a result of imminent changes. Avoid getting hot under the collar.

AQUARIUS ♒
JAN 21-FEB 18
You'll witness a stranger's act of kindness. Let the good times roll with laughter and zest. Explain your actions lucidly, without losing patience.

PISCES ♓
FEB 19-MARCH 20
A problem is solved by listening. A late arrival can cause mortification. Be on your guard when someone is neglectful.

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Nancy nursing knee

She's not quite ready to hit the dance floor yet, but Nancy O'Dell is on the path to recovery. The Access Hollywood co-host, who had to pull out of Dancing with the Stars before the season premiere this month, is resting at home after knee surgery. PEOPLE.COM

Celebrity Buzz

Ballroom a lot like bulls: Ty

PEOPLE Ballroom dancing is no different from getting into the ring with a bull — at least to season eight Dancing with the Stars contender Ty Murray, people.com reports.

In a MySpace video posted this week, the rodeo star is asked who he thinks is his toughest competitor on the show. He says, "I look at (the competition) just like I did my bull riding career. I don't have any control over the other competitors, I just gotta keep control of myself and make sure that I'm able to hopefully focus in and not get the jitters too bad."

METRO NEWS SERVICES

Bruce and Emma met on the job

PEOPLE Bruce Willis reportedly met his new wife, Emma Heming, through rather unusual circumstances. Sources tell Page Six that the actor practically cast her in the role, having met her while looking for actresses for his movie Perfect Stranger.

Willis is said to have made sure to be present when the actresses he liked came in, and he started dating Heming shortly after her audition, a source tells the newspaper. METRO NEWS SERVICES

Angie starving self?

HEALTH Angelina Jolie has reportedly taken on a risky diet to slim down for Salt, the movie she's currently filming in New York.

According to Britain's the Sun, Jolie has shed 21 pounds in as many days while on an all-liquid diet.

"She does all her own stunts but we worry she could injure herself due to the weight loss," a source tells the paper.

Meanwhile, Grazia magazine reports the actress has only lost eight pounds, but that people around her are still just as concerned.

The magazine claims Brad Pitt grew so fed up with her fasting that he stormed out of their rented Long Island home.

METRO WORLD NEWS

Paul and Nancy like lovebirds

RELATIONSHIP Paul McCartney and his girlfriend acted like "besotted teenagers" during a night out this week, femalefirst.co.uk reports.

The 66-year-old musician and his 48-year-old partner Nancy Shevell stunned fellow guests at the London after-party for The Boat That Rocked movie premiere this week with their public displays of affection and frequent outings to the dancefloor. At one point the couple gyrated to Rolling Stones classic Satisfaction.

"Paul was having a great time. He was on brilliant form, mingling with partygoers," a source said. "Fans were asking for pictures and he was happily obliging and Nancy looked so loved-up and content."

McCartney used the party to introduce Shevell — who he has reportedly been dating since November 2007 — to his friends and was delighted when they bonded quickly.

The source added to Britain's Daily Mirror newspaper: "As well as speaking to the movie cast, including Rhys Ifans and Bill Nighy, Paul made a big deal of introducing Nancy to his friends Twiggy and Kenneth Branagh.

"He looked quite nervous but soon they were laughing like old friends and the idea of a dinner party was mooted."

METRO NEWS SERVICES

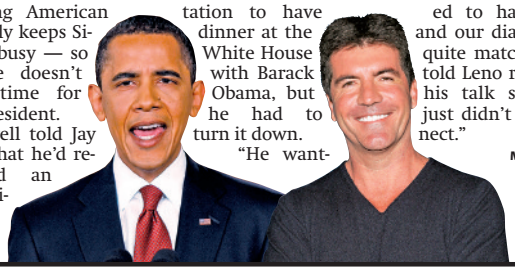
I'm too busy for Obama: Simon

PEOPLE Hosting American Idol apparently keeps Simon Cowell busy — so busy he doesn't have time for the president.

Cowell told Jay Leno that he'd received an invitation to have dinner at the White House with Barack Obama, but he had to turn it down.

"He wanted to have dinner and our diaries didn't quite match," Cowell told Leno recently on his talk show. "We just didn't quite connect."

METRO WORLD NEWS



Chris hitting the books at college?

PEOPLE Chris Brown has dismissed rumours he's going back to school after he was spotted visiting a university campus in his native Virginia at the weekend, femalefirst.co.uk reports.

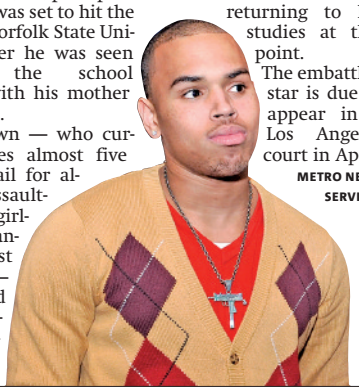
The singer, 19, prompted claims he was set to hit the books at Norfolk State University after he was seen walking the school grounds with his mother and cousin.

But Brown — who currently faces almost five years in jail for allegedly assaulting on/off girlfriend Rihanna last month — has denied the reports, insisting a relative is a prospective student at the university.

A representative for Brown tells TMZ.com the singer visited the college as a "support factor" for his cousin, and has "not applied," "not enrolled" and is "not interested" in returning to his studies at this point.

The embattled star is due to appear in a Los Angeles court in April.

METRO NEWS SERVICES

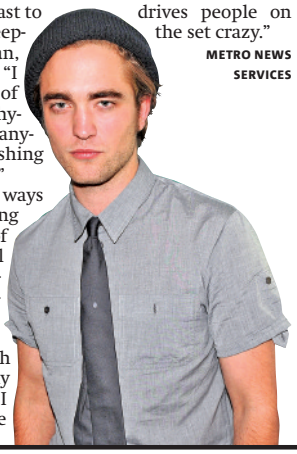


Robert stinks!

PEOPLE Robert Pattinson has admitted in the past to his problems with keeping himself clean, telling Showbiz Spy, "I don't have too much of a sense of personal hygiene or styling or anything. I gave up washing my hair a while back."

But now his filthy ways are reportedly wreaking havoc on the set of New Moon, the sequel to Twilight that is currently filming in Vancouver. On-set sources tell E! News that the young British star "completely reeks." "He stinks. I mean, it's awful. He never showers, and it drives people on the set crazy."

METRO NEWS SERVICES



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Victoria strips down for Armani

Victoria Beckham has stripped off once again for a new Emporio Armani Underwear shot. The gorgeous fashion icon leans seductively back over a bed in just a bra, thong and high heels, in possibly her most intimate pose yet. FEMALEFIRST.CO.UK

Celebrity Buzz

Britney runs up $2.7M legal tab

PEOPLE Britney Spears has spent $2.7 million US in lawyers' fees in the past 11 months, femalefirst.co.uk reports.

The Circus singer — who has managed to turn her life around following her public meltdown early last year — was forced to pay $417,000 to legally end her two-year marriage to Kevin Federline and the subsequent custody battle over their two children, Sean Preston, three, and two-year-old Jayden James.

Fees were also paid to 17 lawyers and firms, including $1 million for Spears' own attorneys.

Lawyer Geraldine Wyle — who represents Spears' father Jamie, who is legally in control of his daughter's estate — said: "Since the initiation of the conservatorship, as a result of the concerted efforts of Mr. Spears as well as the professionals involved, all aspects of Ms. Spears' life have been stabilized and continue to improve."

According to Wyle, Spears — who was twice held in a psychiatric ward before her father was put in control — faces "complex and challenging issues" which have run up huge costs.

However, she admitted the mother-of-two's mental health had improved over the last year and has won "substantial visitation" with her sons and her career "has been revitalized."

Spears is currently on a sold-out world tour and has been honoured with a plaque to commemorate the huge success of her latest album, Circus.

METRO NEWS SERVICES

I don't deserve fame: Chris

PEOPLE Chris Martin doesn't believe he deserves success, femalefirst.co.uk reports. Despite selling millions of albums worldwide, the Coldplay frontman feels he must prove the group has earned their place at the top of the charts.

"Every day I wake up and think, 'OK, today we've got to really prove ourselves. We've got to justify where we are,'" he said. "I always feel like my dad's going to burst through my bedroom door at any moment and wake me up to go back to my real job."

Despite his self-doubt, the Viva La Vida singer isn't worried about his critics because he knows not everyone will like his music.

He added: "We're like Vegemite in many respects. A lot of people like us, but many more people don't. I'd like to convince everyone that our particular brand of Vegemite is brilliant, but it's never going to happen."

METRO NEWS SERVICES

Rihanna house hunting?

PEOPLE Rihanna was "in a great mood" when she checked out a $6.25 million US home this week that used to belong to Jerry Seinfeld, the real estate agent she worked with tells usmagazine.com.

"She was very quiet," Russ Filice of Sotheby's International Realty tells Us. The 5,913-square-foot, three-bedroom Hollywood Hills home "has incredible views, a contemporary pool and is very private," he adds.

"Rihanna just started her search. She looked at three homes with three assistants and a driver," adds Filice. "Her questions were centered around her lifestyle in the house; how she could entertain, how private it is."

The singer spent about 15 to 20 minutes at the property. "She was in a great mood," Filice says. She didn't bring up Chris Brown — who faces felony charges for allegedly beating her — and "there were no scars, no bruises, no nothing. (She is) very sweet, very pretty."

METRO NEWS SERVICES

Lauren's label 'on hiatus'

CAREER Lauren Conrad has taken to her Celebrity MySpace blog to clear up rumors about her clothing line, which is currently "on hiatus," usmagazine.com reports.

"A few days ago a statement was released to the showrooms that carry my clothing line. It asked them to let the stores know that I was planning to take a couple seasons off from my line so that I could make some changes that I felt were necessary," she writes.

"As a result, a lot of people were under the impression that my line was being discontinued or had been dropped," she continues. "This isn't the case at all. The truth is, I was the one who asked to take a couple seasons off."

Conrad says she has "learned so much in the past year and I want to apply that to the improvement of my clothing line. I also wanted to make some changes in production so I would be able to lower the price point. That being said, I am actually really excited about beginning this process."

METRO NEWS SERVICES

Jacko planning a menagerie

CAREER Michael Jackson has big plans for his set of 50 concerts in London this summer, and those plans reportedly include a menagerie of exotic animals.

"He hopes to make it the most spectacular gig ever," a source tells the Daily Mirror. "For the jungle section, he wants to ride out on an African elephant with panthers led on gold chains. Parrots and other birds will fly behind him. If it goes to plan it will look incredible."

Jackson is reportedly "desperate to work around" Britain's animal welfare laws that would preclude using some of the non-domestic creatures.

METRO NEWS SERVICES

Katy and Josh friends not lovers

RUMOUR Katy Perry and Josh Groban may sound like a perfect couple, but contrary to rumours of a relationship between the two, the two singers are "very close friends" — not romantically involved, according to Josh's rep, people.com reports.

METRO NEWS SERVICES

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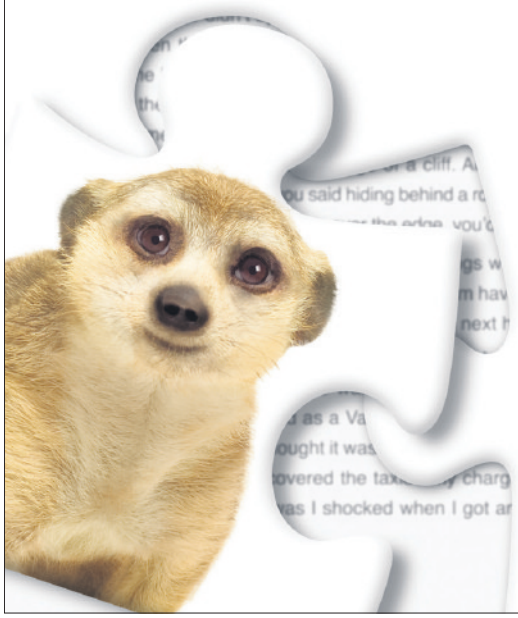

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